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*triathlon legend*  
**MARK ALLEN**  
REVEALS HOW

IRONMAN CHAMPION  
**ANGELA NAETH**  
IS LASER-FOCUSED  
ON ONE GOAL THIS  
YEAR: KONA



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**WORTHY BIKE  
INVESTMENTS**

**WHAT I  
WISH I'D  
KNOWN**  
ROOKIE PROS SHARE  
SAVVY ADVICE FROM  
THEIR FIRST YEAR

HOW TO  
COMMUTE

*as training*

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Kara Goucher



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# MAR '15

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BY JULIA BEESON POLLORENO

NIIS NIISSEN



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*on the cover*

Professional triathlete Angela Naeth was photographed in St. George, Utah, exclusively for Triathlete by Nils Nilsen.



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## TRIATHLON TOUR GUIDE

Planning to travel to a race this year? Whether you're looking for a tropical getaway or a sightseeing big-city visit, we've got all the info you'll need to swim, bike, run, race and tour some of the world's most desirable destinations.

[Triathlete.com/TourGuide](http://Triathlete.com/TourGuide)



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on Instagram:  
[@triathletemag](https://Instagram.com/triathletemag)

## AVOID INJURY this spring

The next couple of months are the most common time for triathletes to experience injuries as they ramp up their training. Dr. Jordan Metzl shares three rules for staying healthy at the start of the season.

[Triathlete.com/  
Springinjuries](http://Triathlete.com/Springinjuries)



## TRANSITIONS

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[Triathlete.com/  
TransitionTips](http://Triathlete.com/TransitionTips)

## SBR report

Our free e-newsletter is a must-read triathlon roundup of the latest training tips, gear reviews, race news and more. Get it now at [Triathlete.com/  
Newsletter](http://Triathlete.com/Newsletter).

## BACK AT IT

We're coming out of the off-season, which means the pros are returning to the racing circuit. Keep up with the action from Ironman New Zealand (March 7), ITU World Triathlon Series Abu Dhabi (March 6–7), Ironman 70.3 Puerto Rico (March 15) and more. [Triathlete.com/  
RaceCoverage](http://Triathlete.com/RaceCoverage)



## ANGELA NAETH'S POWER HOUR

Cover athlete (and super cyclist) Angela Naeth shares a "power hour" workout she does to practice spinning in various gears to get used to different muscle efficiencies.

[Triathlete.com/NaethPowerHour](http://Triathlete.com/NaethPowerHour)



# FOR THE WIND AND THE WIN

Photo: ©Niis Nilsen



Harrowing crosswinds across endless fields of lava. It was the kind of day that makes you think twice about your equipment choices. That is, of course, unless you are on ZIPP Firecrest® and Firestrike™ wheels. Aero and stable, they were chosen by Ironman® World Champions Sebastian Kienle and Mirinda Carfrae along with over 900 other Ironman athletes for this special day. The number one wheel in Kona. Year after year.

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# LESSONS FROM A LEGEND

ANYONE WHO'S EVER HEARD TRIATHLON ICON MARK ALLEN SPEAK OR READ any of his books—notably his most recent, *The Art of Competition*—won't be surprised by this admission: Moments after our interview for this issue's cover story, I hung up the phone and told a colleague, "Mark Allen is my guru." There was such an elegant simplicity in his statements of fact or belief—even the typically tedious topic of race nutrition had me nodding my head in quiet discovery. His responses to my brain-dump appeal were methodical, deductive, reasoned. After multiple interactions, it's clear the six-time Ironman world champion has distilled decades of unrivaled experience and wisdom down into brilliantly basic guiding principles.

In "Train the Mark Allen Way," on page 68, Allen outlines his coaching strategy, a three-pronged approach that delves into the physical training, nutrition and mental challenge of our sport. And while Allen has worked with numerous pros, including top American Timothy O'Donnell and this month's cover athlete Angela Naeth, he feels he has the most to offer you, the amateur triathlete. "I love helping age-groupers because there's usually

just one thing they're not doing right, and you correct that and their performance just skyrockets," he says.

I also appreciate that a central component of Allen's coaching ethos is gratitude. Just being thankful that you have a body that can carry you through workouts, that you have a racing goal that excites you, that the last agonizing interval of that set is over—whatever it is, little or big picture, getting in the habit of feeling grateful makes those tough moments in races a little more bearable. It's a thought pattern that requires focused attention in every training session, he says, but one that can make you a bulletproof competitor. (If you're not convinced, I recommend looking up a little race called "Iron War.")

With the new triathlon season ramping up, there's plenty of opportunity to put Allen's teachings into practice and see how they work for you. Keep me posted!

Julia Beeson Pollreno, Editor-in-Chief

[@JuliaPollreno](https://twitter.com/JuliaPollreno)



## TRIDOLATRY

current obsessions

### FEETURES SOCKS

We test a lot of socks around here, and these polyester blend ones are my new go-to for long runs. They are softly snug, cushioned where it counts and moisture-wicking. The company also makes a great plantar/calf compression sleeve. [Feeturesrunning.com](http://Feeturesrunning.com)

### ROCKMYRUN APP

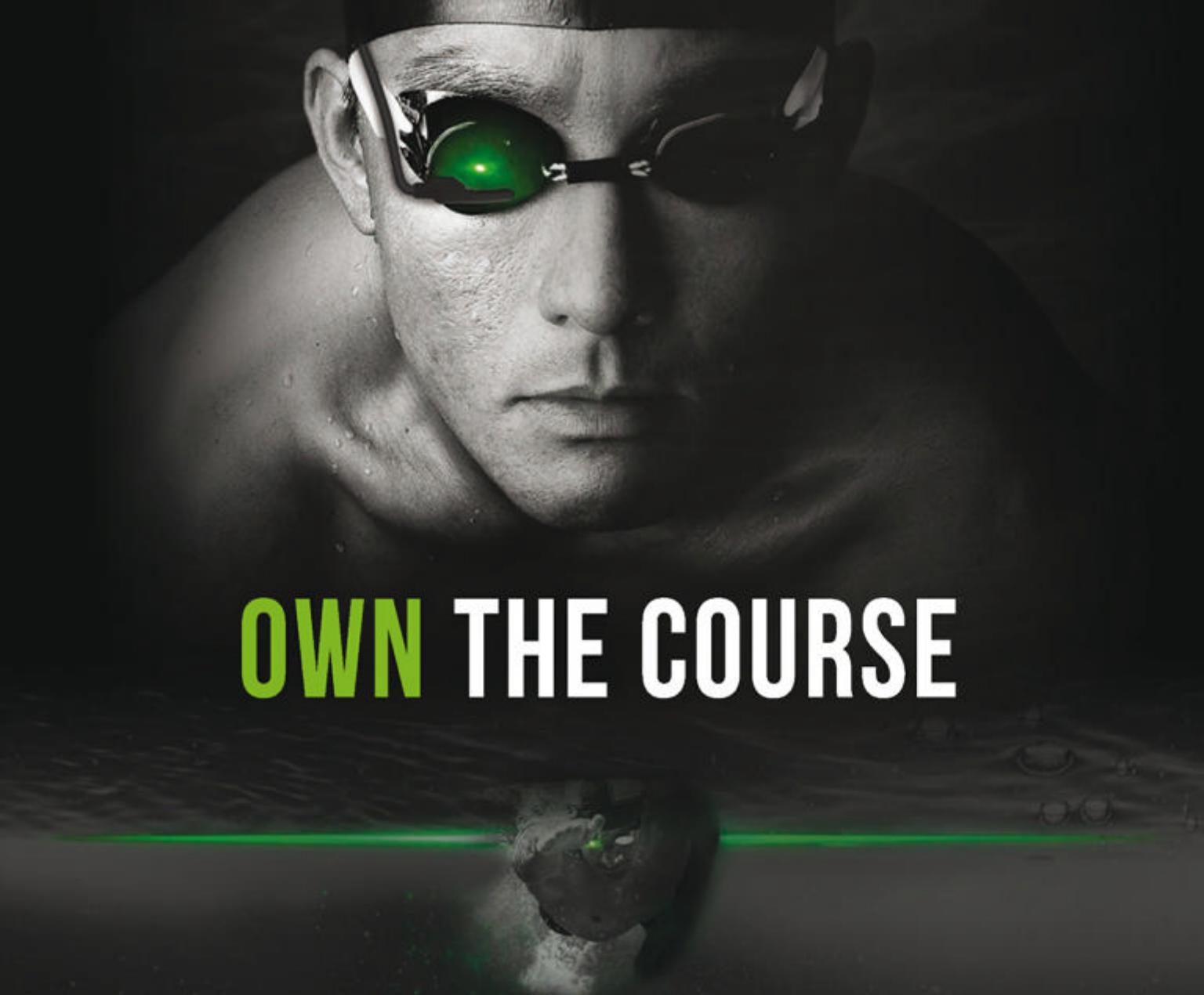
The new app (with free and upgrade versions) takes real-time data from your workout and matches music tempo to your heart rate or pace. There are music genres for all tastes, and mixes for tempo runs, intervals, 5Ks, 10Ks, half-marathons and even playlists for a marathon. It's kept me happily rocking along with my training for a spring marathon. [Rockmyrun.com](http://Rockmyrun.com)



### TYR WET/DRY BACKPACK



I like the streamlined simplicity of this backpack. You won't lose track of your belongings in a dozen different compartments as with similar transition or gear bags, and the durable waterproof canvas doesn't allow moisture in or out, which is especially useful if you want to use it as your swim bag. \$80, [Tyr.com](http://Tyr.com)



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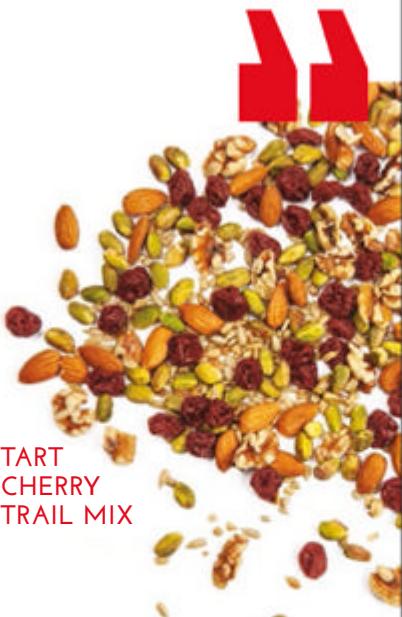
# MATT FITZGERALD

Elite Endurance Coach & Sports Nutritionist



“

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TART CHERRY TRAIL MIX

Find this and other TART CHERRY recipes at [ChooseCherries.com](http://ChooseCherries.com)

Who's your pick for a pro triathlete training partner and why?

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Sarah True (Groff)—she's tough when she needs to be and relentlessly entertaining when she doesn't.

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Andy Potts—  
a strong swimmer  
so I can catch a  
good draft!

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# letters

## IF YOU WANT TO FLY ON A BIKE DO WHAT MICHAEL WEISS DOES...RIDE A KOOBI



Photo by Kevin Koresky

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Visit our website or call the saddle experts to discuss your saddle.

The magazine spread shows a variety of recovery drinks (orange juice, smoothies, protein shakes) and their nutritional components. The left page has a large image of a triathlete on a bike. The right page has a large image of a triathlete in a wetsuit.

### THE RIGHT RATIO?

[In the "Sip Your Recovery" article, January 2015 issue], you describe the four drinks as "each an optimal blend of carbohydrates and protein." What is the optimal blend? Pacific Health Labs has patented their "optimal" blend of 4:1 carbs to protein. Your four drinks have ratios of 21:11, 32:16, 33:10 and 8:14. So is it 4:1, 2:1, 3:1 or 1:2? We type-A triathletes need to know!

—BRAD SCHILDT, BOULDER, COLO.

Our resident sports dietitian, Lauren Antonucci, R.D., C.S.S.D., clears up the confusion:

*Simply aim for half your body weight in grams of carbohydrate plus 20 grams of protein and you will be on target. For example, if you weight 160 pounds, you should take in 80 grams of carbs and 20 grams of protein (ratio is therefore 4:1). If you weigh 120 pounds, you'd need 60 grams of carbs and 20 grams of protein (ratio now 3:1). So forget the ratios and go for absolutes!*

### FINDLAY FAN

It appears that Paula Findlay has come back from what was almost a career-ending injury. Paula's return to form would give hope to many who have had devastating injuries.

I would also like to know if she has any regrets about going to the Olympics instead of having surgery to correct her injury. Would an interview with Paula Findlay be possible?

—THOMAS PARKER, NASHUA, N.H.

*Ask and you shall receive, Thomas! Look for the PROfile of Findlay in our May issue.*  
—Editor

### MIND THE GAP

There may be a series of errors when, at the bottom of page 38 ["Kona By the Numbers, December 2014], it's noted that 3:45, "Sebastian Kienle's time deficit, in minutes, coming out of the swim" was the biggest comeback in Kona history. I may be misinterpreting here but I think there are several greater swim deficits.

In 2003, Peter Reid was 3:46 behind Jan Siebersen coming out of the water but crossed the line in first. John Howard exited the swim 15 minutes down but put together two final legs to claim victory. But the best I found was the first Ironman, Gordon Haller, the 1978 champ when the race was still in Oahu, was 20 minutes off the pace after the "roughwater swim" but still earned the first "hole in the head" trophy.

—JOHN POST, CHARLOTTESVILLE, VA.

*Thanks for your attentive research! We should've mentioned the stats in the piece referenced started from 1986 on (the year Dave Scott broke 8:30) for a more fair comparison. That article looked at the gap to start the bike (after the swim and T1)—a more important stat in our opinion. The early years of the sport didn't separate T1 from the swim, so we looped the times together. Reid lost 3:46 in only the swim, Kienle lost 3:53. Factor in T1 and Reid's gap was 3:14, while Kienle's was 3:42.* —Editor

*We want to hear from you! Send your letters to [TriLetters@competitorgroup.com](mailto:TriLetters@competitorgroup.com). Please include your name and city. Letters may be edited for length and clarity.*



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Argentina's Mario de Elias tackles the three-loop run course of Chile's Ironman 70.3 Pucón with the stunning Villarrica volcano in the background. Australian Richie Cunningham and Chilean Barbara Riveros won the January race. (De Elias placed third.)

PHOTOGRAPH BY WAGNER ARAUJO

FIRST  
WAVE



# How to train like a triathlete...

START HERE

GET TO WORK  
BY 8:00AM

DRINK A PROTEIN SHAKE WITH CHIA AND  
FLAX SEEDS AND EAT A HARDBOILED EGG  
(YOU KNOW, FOR THE EXTRA PROTEIN)

MASTERS SWIM  
AT 6:00AM



WAKE UP  
AT 5:00AM

SNACK ON SOME  
ALMONDS AND  
A BANANA

INSTAGRAM A  
PHOTO OF YOUR  
RUNNING SHOES

TWEET ABOUT  
YOUR GRELING  
WORKOUT

EAT A WHOLE-WHEAT BAGEL WITH  
PEANUT BUTTER AND DRINK AN EXTRA  
LARGE CUP OF COFFEE

SNACK ON A HANDFUL  
OF BLUEBERRIES

RUN A QUICK  
5K AT LUNCH



"KEEP IT LEAN" BY EATING A SALAD TOPPED WITH CHICKEN  
(YOU KNOW, FOR THE EXTRA PROTEIN), QUINOA (EVEN  
MORE PROTEIN) AND ORGANIC SUN-DRIED TOMATOES



HOME BY 5:30PM  
(AND QUICKLY OUT THE DOOR  
FOR A 1:30 TEMPO RIDE)



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GRELING WORKOUT...  
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# check in

TRIBE / PRO PANEL / GEAR UP / TRAIN SMART / TRIATHLIFE



Andy Potts will return to sunny Southern California March 28 to toe the line at Ironman 70.3 Oceanside, a race that in recent years has served as the unofficial North American season opener. Potts finished second last year to German Jan Frodeno, who set a new record of 3:49:25 on the challenging half-iron course.

PHOTOGRAPH BY JOHN DAVID BECKER

# RAIN CHECK

You're always ready to take on the elements, but is Siri? Many smartphones have fallen victim to accidental drops in the pool, sweaty jersey pockets, and fun runs in the rain. In preparation for April showers, we've got you covered—literally.



## ... AND KEEP MOISTURE OUT!

### ▲ SLXTreme

\$99–149, [Snowlizardproducts.com](http://Snowlizardproducts.com)  
This rugged case combines waterproof protection and an integrated, solar-powered battery to recharge your smartphone while it sits on the pool deck.



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### ▲ DriBox

\$8.25, [Sorbentsystems.com](http://Sorbentsystems.com)  
If your tech takes a swim, DriBox can remove all moisture overnight. The reusable silica packet changes colors when it's time to reactivate (easily achieved with a few minutes in the microwave).



### ▲ Bheestie Sport Bag

\$18, [Bheestie.com](http://Bheestie.com)  
Moisture accumulates in your phone with every sweaty run. Put your technology to sleep each night in this dehumidifying bag, which will allow you to maintain the life of your smartphone.

### ▼ StormCruiser Bike Mount

\$50, [Thejoyfactory.com](http://Thejoyfactory.com)  
If your phone pulls double duty as a GPS or power meter display, you'll love this heavy-duty, waterproof case that securely affixes to your bike's handlebars. The case detaches easily if you want to snap a photo from the summit of your climb. —SUSAN LACKE



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## NEWBIE TIP

## GO COMMANDO

Underwear doesn't belong under bike shorts. Cycling shorts are designed to fit tight and include a pad (chamois, pronounced "shammy") to increase comfort over a long period of time. Save yourself from discomfort—and potential ridicule from ride partners—by going sans skivvies.



## EYE ON DUBAI

Challenge Family heads to Dubai on Feb. 27, aiming to further fuel the Middle East's growing appetite for endurance sports. And based on the success of the inaugural Challenge Bahrain—held last December—Challenge Dubai's sister race, here are five things we'll have an eager eye on:

**The backdrop.** Dubai's ultra-modern skyline, with the Burj Khalifa (world's tallest building) and the Burj Al Arab (the world's only seven-star hotel) will feature prominently.

**The coverage.** If Challenge Bahrain's stellar live stream was any indication, Challenge Dubai will also be seen seamlessly 'round the world.

**The swag.** Age-group athletes in Bahrain were rewarded with a lot of loot, including high-quality transition backpacks and down finishers' jackets. It's safe to assume Dubai will follow suit.

**The after party.** Bahrain upped the ante for post-race party-goers, with a free concert featuring The Dire Straits Experience, DJ Jackson, Massari and Akon rocking revelers until the wee hours. What surprises will Dubai dish up?

**The pro field.** We can't wait to see who toes the line, as Challenge Dubai is race No. 1 in the newly announced Triple Crown (including Challenge Oman and Challenge Bahrain), and boasts a \$300,000 prize purse. (Not to mention the unprecedented million-dollar prize purse at stake for the overall series champions!) —HOLLY BENNETT

## WHAT FLU SEASON?

We may have gotten through the worst of winter, but it's still cold and flu season. In fact, according to the CDC, flu activity most commonly peaks in the U.S. between December and February but can last as late as May. Getting to those early-season start lines is top priority for many triathletes, so be sure to bolster your system as best as possible against bacteria and viruses. As taught in elementary school, wash your hands frequently and avoid contact with contaminated surfaces. There are a host of disinfectant products that can make the job of staying bug-free a little more convenient,

including **Flu War** ([Fluwar.com](http://Fluwar.com)), available in both disinfectant wipes and antibacterial hand sanitizer.

As a bonus, the eco-friendly brand contains aloe and vitamin E to moisturize hands while helping you stay in the training game. —H.B.

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► "Audiobooks. I truly enjoyed the workouts I did while listening to *I'm Here to Win* by [Chris McCormack]."

—Jakub D.

► "Sufferfest video group rides with great friends in my garage. As they say, 'Misery loves company.'"

—Ron C.

► "Watching old Ironman World Championships on YouTube! It always motivates me."

—Lionel S.

► "Sometimes I break it up by running a mile on the indoor track, doing some core work, running another mile, lifting, going back for another mile, etc. This approach allows a triathlete to work in some cross-training without facing the boredom of countless laps around the track all at once."

—Bill P.

► "When watching a TV program, run easy during the program itself. Then when the commercials are on, up the pace/speed. Repeat until the program/episode is done."

—Jael W.

► "Stage by stage of the 2014 Tour de France while riding the trainer."

—Chuck G.

► "Garmin Connect groups. Sharing workout data with friends keeps me honest."

—Joshua H.

► "I mix up easy, tempo and speed intervals to keep my mind engaged and break the workout into small chunks. And I get lost in some bad TV or the 'Serial' podcast!"

—Jennifer H.

► "My 5-year-old son likes to ride on his VTech bike next to me. It always helps to pass the time and he says he is 'training like Daddy.' It makes my heart happy to think I'm passing along such a great sport to him!"

—Erik J.

► "A membership to Triathlon Live. It's the ITU World Triathlon Series at your fingertips. Best \$20 ever spent!"

—Kelly L.

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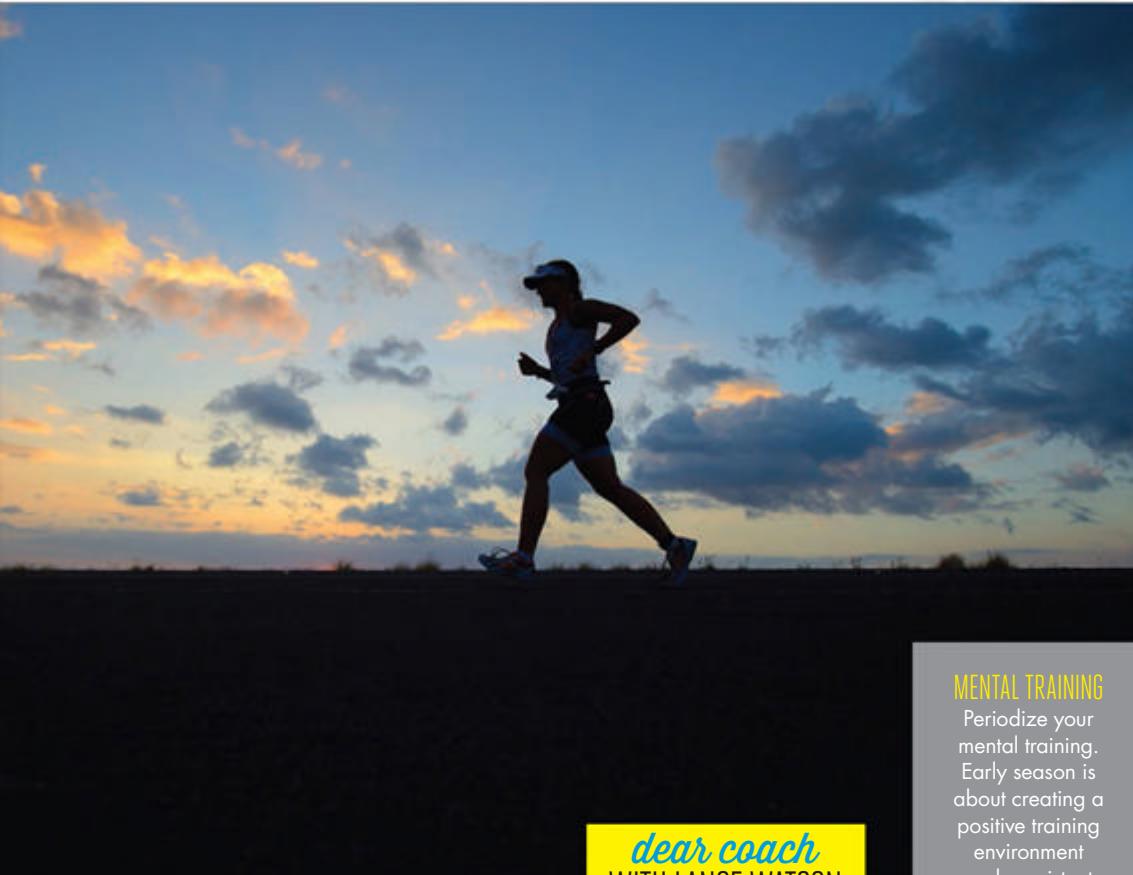


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*dear coach*  
WITH LANCE WATSON

# WHAT CAN I DO NOW TO SET ME UP FOR A BEST-EVER SEASON?

**NOW IS THE TIME TO PLOT** your gameplan for a PR season. Here are some sport-specific thoughts to consider in order to identify—and address—your weaknesses.

## SWIM

Your skill set needs to be versatile. Consider whether you have speed, strength, threshold fitness (time-trial pace) or endurance. Speed will help you to start out faster and find

clear water or feet in a draft. Strength will help you in choppy conditions and with sighting. Threshold pace will allow you to maintain a good rhythm through the middle portion of the race, while endurance will help you hold a higher pace for longer. Technically, learn to understand how you move in the water and what your biomechanical areas of need are. Film your stroke and work with a coach to

create drills to refine your technique, and commit to consistent time spent working on technical skill.

## BIKE

Cycling demands in triathlon are often race-dependent. You may need to work on long, steady climbing or short, steep bursts. These are all components of strength, threshold and anaerobic capacity. Evaluate how you time trial on the flats while

## MENTAL TRAINING

Periodize your mental training. Early season is about creating a positive training environment and consistent emotional zone. As you approach race season, it should shift to increased emphasis on visualizing technical expertise and mental preparation for dealing with hard efforts. Create emotional and focus goals for practice. Learn how to create race-course simulations

in your local training environment, or travel to the location of your big event to train on the course, and create strong images of effort and expertise on each individual section. Create strategies to quickly refocus when things are not going according to plan, or if you are thrown a curve ball.

maintaining rhythm in one gear at a fixed cadence. Consider your sprint speed, your ability to tolerate lactic acid and bursts above threshold. This speed is useful for crowded races, where you need to be able to shift pace to make passes and drop out of the draft zone. Also, some athletes struggle with replicating race-day output compared to training efforts. If this is you, try bringing your bike trainer to the pool and performing swim-bike interval repeats.

## RUN

Running off the bike is significantly different from running at the track. Gait should be linear and in a forward motion, with foot strike underneath the center of gravity. Posture is tall with a slight lean forward at the hips and shoulders, simultaneously. Be alert to excessive upper-body movement, too much bounce in your run stride or unnecessary side-to-side motion. Assess whether your form changes off the bike compared to regular running. Check your run cadence—it should be around 85–100 strides per minute, counting off one foot strike. Compare your hill strength to flat rhythm running, and your endurance in ratio to threshold and sprint speed.

*Lance Watson (LifeSportCoaching.com) has coached a number of Ironman, Olympic and age-group champions and enjoys working with athletes of all abilities.*



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MED TENT

# BEST FOOT FORWARD

Don't be sidelined by plantar fasciitis—treat and prevent this common foot pain with these home remedies. **BY JORDAN D. METZL, M.D.**

PLANTAR FASCIITIS IS CHARACTERIZED by nasty pain in the bottom of the foot, especially when running or even taking your first steps out of bed in the morning.

The pain is inflammation of the plantar fascia (plantar means the bottom of the foot, and its fascia is the band of connective tissue running from your heel bone to the front of your foot). This tissue helps support your foot's arch and give it shape, and it aids in stability when your foot strikes the ground and then pushes off.

The inflammation and pain come from excessive tension. The muscles above

and the shape of the foot below contribute to its development. The calf muscles connect to the heel bone via the Achilles tendon. When those muscles are tight, the tendon pulls on the bone from above, stretching the fascia and causing strain. People with high arches are especially prone to plantar fasciitis because the arch itself also contributes tension to the fascia.

A mild case can turn major very quickly. Inflammation makes the fascia more prone to microtears, which can lead to debilitating pain. In other words, you can't walk, let alone exercise.

Bad cases can last months. But here's what you can do about it.

## FIX IT

**Employ dynamic rest.** Take a break from the offending activity. The earlier you address plantar fasciitis, the better. How long you need to rest depends on the severity of the case, but expect to be sidelined for at least a couple of weeks. Stick with intense upper-body activity that doesn't load your foot. Does that stink? Sure. But it beats crippling yourself!

**Stretch.** Use the stretches described at right. Be gentle. Go slow. You're trying to relieve the tightness in the area, not prepare for a game or race. As the injury heals, adopt the stretching habit permanently.

**Try an NSAID.** An anti-inflammatory like ibuprofen or naproxen can help reduce pain and inflammation.

**Consider night splints.** Foot splints are available (usually from \$20 to \$60) and can help if worn at night. It's best to have a doctor recommend

the best one for your case, as there are several varieties.

**Ease yourself back into the game.** Don't restart strenuous lower-body activity until you're pain free. If you mess around with this, you'll simply aggravate the injury and be out even longer.

## PREVENT IT

**Stay flexible.** The best way to stretch this area is to put your toes and the ball of your foot against the top of the vertical edge of a step (or curb or tree) with your heel on the floor and slowly lean forward, keeping your leg straight, until you feel the stretch at the top of your calf. Repeat the stretch with your knee bent, feeling the stretch farther down the leg near the Achilles tendon. Hold each stretch for 15 to 20 seconds and repeat several times in each position. Ideally, you'll do this daily, before and after exercise.

**Roll it.** This is a simple preventive measure you can do anywhere, even sitting at your desk at work. Roll a tennis ball back and forth under each foot for a few minutes a day. The ball massages and loosens the fascia.

**Try orthotics.** Over-the-counter (OTC) hard arch supports can be helpful, especially for you high-arched folks. Prescription orthotics are another option because they're custom-made for your foot, but I suggest trying the (much cheaper) OTC orthotics first because in my practice, about 90 percent of patients have good results with them. If they don't work, then see a podiatrist for a custom set.

New York City sports medicine specialist Jordan D. Metzl, M.D. is a 29-time marathon finisher and 10-time Ironman. His book, *The Athlete's Book of Home Remedies*, has more than 1,000 tips to fix all types of injuries and medical conditions.



7

## BEWARE OF THE FINISH LINE

Setting an endpoint can help people reach a goal, but as Gretchen Rubin, author of *Better than Before* writes, "The reward of hitting a specific goal actually can undermine habits. A finish line marks a *stopping point*, and once we stop, we must start over, and starting over is harder than starting." Even if the finish line feels like the reward, the real reward for a good habit may be the habit itself.

1

## MAKE IT ENJOYABLE

*Start here*

Trying to force yourself to do something you typically don't do AND don't enjoy is very challenging. Focus on what Nir Eyal, author of *Hooked*, calls the "minimal enjoyable action." When trying to form a new habit, keep it to the absolute simplest action possible—make it too easy to fail. When that is established, you can embellish it. For example, if you are trying to lose weight, focus first on chewing slowly and eating your food without distraction.

2

## GET SPECIFIC

## TEAM UP

6

A strategy to implement—and adhere to—healthy changes **BY MIMI WINSBERG, M.D.**

According to the *Journal of Clinical Psychology*, only 8 percent of people achieve their New Year's resolutions. Even triathletes, who are widely perceived as strong in willpower, struggle with behavioral change. Implementing a healthy habit is not so hard, but making it stick can be very challenging. Why? Because self-control is a limited resource. Engaging in self-restraint in one domain depletes the reserve of energy available to apply self-restraint in another. Plus, relying on willpower can set us up for failure. As soon as we put too much faith in willpower, we are more likely to neglect practices that are actually useful in maintaining habits.

3

## MONITOR YOURSELF

## TAKE ADVANTAGE OF HIGH MOTIVATIONAL STATES

5

So how do we make those healthy habits last? *Follow these guidelines.*

Research has shown that environment is a big factor in driving behavior, as behavior is context dependent. Structuring our environment to make desired habits convenient enable healthy choices. Keep healthy snacks at eye level in the fridge. Conversely, make unhealthy choices inconvenient, like keeping the chips on a shelf you cannot reach without assistance.

4

## CHANGE THE ENVIRONMENT

Make sure your habit can be tracked by an actual measurement. "Eat healthier" is much harder to measure than "have salad for lunch every day." We tend to underestimate what we eat and overestimate how much we have exercised. Monitoring can be active (logging food intake and/or exercise) or passive (trying on a tighter-fitting piece of clothing as a checkpoint).



# WILL I BE PENALIZED IF I PEE ON COURSE?

## IT DEPENDS ON WHERE

and how you peed. If you relieve yourself while in a Porta-Potty or bathroom, you will not be penalized. Peeing outside of a bathroom, in plain view of others, however, should result in a penalty.

Let me start by saying that public urination is illegal in all 50 states. Extreme cases of public urination may even result in being charged with indecent exposure or public lewdness, which, in turn, may require the person to register as a sex offender. Even if an event or federation does not

have a specific rule that prohibits peeing during a race, athletes who are witnessed by a race referee peeing in public may still be cited for public nudity (included in all triathlon rules that I'm aware of) or unsportsmanlike conduct.

The only sure way to avoid a penalty is to use one of the Porta-Potties along the course. If there are none, you should take major precautions to relieve yourself somewhere well off the beaten path and/or completely out of sight of any human being—especially a policeman, race referee and your fellow triathletes.

I'm all too familiar with the fact that some triathletes feel that their race entry fee entitles them to do whatever the heck they want, including urinating in front of innocent spectators, passersby, home owners, motorists or race referees, peeing in plain view while serving time in a penalty tent, or in their tri shorts while coasting on their bikes during the middle of a triathlon, and spraying urine (which is unsanitary, by the way) all over themselves and anyone in the vicinity.

As a parent of two young children, I can't believe that I actually

have to say this to adults: None of the above examples are ever acceptable, even if you paid \$1 million for your race entry.

Bottom line: If you're witnessed by a race referee while peeing in public, you will be given a penalty—the severity of which will most likely be determined by the degree of disgustingness associated with the act, or as specified in the rules governing the race and/or as stated in the race's athlete guide.

So please have some respect for yourself and for others, and think before you pee.

with  
JIMMY RICCITELLO



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*For more than two decades Riccitello was one of the world's top triathletes. He is now the head referee for Ironman and a multisport coach (Riccitello.com) in Tucson, Ariz.*



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# 24/7 TRACKING

The Polar V800 goes beyond the typical swim, bike, run features. **BY JENÉ SHAW**

## POLAR V800

**\$470 (\$520 WITH HEART RATE SENSOR), POLAR.COM**

SINCE THE POLAR V800 LAUNCHED in spring of 2014, the company has continued to add more updates to its already robust list of features. For the triathlete who wants to track everything—not just swim, bike and run but also recovery, sleep and daily steps—the slim, versatile, V800 offers a wide variety of data.

### TRAINING

At first, the V800 could only track heart rate in the water (wearing the Polar H7 strap), but now pool swimming metrics (including which stroke you're doing) have been added, and an open-water distance mode is planned for March 2015. As a cycling computer, it tracks data well—if you have Bluetooth Smart sensors (cadence, speed or the Polar Kéo power meter), they'll sync up easily—but because it's a wristwatch, you need a Polar mount or your own clever solution to make it a handlebar display.

Of the three sports, the V800 does running best. Before you head out, you can create your own workout plan on Polar Flow (Flow.polar.com), the company's hub for tracking and analyzing workouts. Say you want to do a five-mile run with 15 minutes at a certain pace or heart rate zone—you can program the watch to buzz or beep if you stray out of those confines. If you want to dive even deeper into run data, Polar also sells a Bluetooth sensor footpod (\$80) to analyze your cadence and stride length.

On the intuitive Polar Flow site, you can view your activities in a Strava-style feed or switch to Diary to see a whole month of your training at once. Polar has also added the ability to export sessions into third-party services like Training Peaks and Strava.



### RACING

You can pre-program the watch to Triathlon mode and select all the data fields you'll want to view for individual sports so that you can switch between them once one is over (while you're switching, it'll track your transition time). Upon completion of the race, you can check out individual segments or analyze your day as a whole.

### EVERYDAY

By now, you know that sitting too much is detrimental to overall health. The 24/7 Activity Tracker alerts you if you've been inactive for too long. On the flip side, it will also account for errands or playtime with your kids by totaling your steps for the day (visible on your phone's Polar app or Polar Flow). Plus, wear it to bed to get a reading of your sleep duration and quality.

### RECOVERY

Factoring in your training load as well as recovery, Polar will give you an overall "Recovery Status." Their "Orthostatic Test"—a simple seated-to-standing heart rate test, essentially—to determine your fatigue levels and theoretically advise you on if you need to back off your training or if you're good to keep going.

### ▲ Features slated for 2015:

- Get alerts from incoming calls, messages and social media apps
- Control your phone's music
- Track your distance in open water



## with GINA CRAWFORD

Ever since her Ironman Hawaii debut in 2008, where she finished eighth, Kiwi Gina Crawford has been building a name for herself as a consistent top performer on the long-course scene, especially Down Under. Her upward trajectory wasn't slowed by giving birth to her son, Benji, in 2011—she's racked up three top-10 Kona finishes since he was born and also has a dozen iron-distance titles to her name. She gave us a look at the products that fuel her success.

JOHN DAVID BECKER



**1 SOAS GEAR** "SOAS pretty much has my training needs covered." [Soasracing.com](http://Soasracing.com)

**2 GROUND EFFECT FLIP FLOP JACKET** "It's very waterproof and folds up into a pouch, which can click around my waist. As New Zealand weather is so fickle, I bring it on nearly all my rides." [Groundeffect.co.nz](http://Groundeffect.co.nz)

**3 RAINLEGS** "Waterproof leggings for the front of your legs when you cycle." [\\$36, Rainlegs.com](http://$36, Rainlegs.com)

**4 RUDY PROJECT ABILITY SUNGLASSES** "Great for those with smaller faces. I use them in training for both run and bike. They are a perfect fit and don't move around when I run." [\\$225, E-rudy.com](http://$225, E-rudy.com)

**5 SWEET CHEEKS BUTT BUTTER CHAMOIS CREAM** "Wouldn't be without it." [\\$30, Sweetcheeksnz.co.nz](http://$30, Sweetcheeksnz.co.nz)

**6 CATEYE STRADA WIRELESS** "I don't use any kind of power meter—I use a basic bike computer that gives my speed." [\\$65, Cateye.com](http://$65, Cateye.com)

**7 POWERBAR PRODUCTS** "In an Ironman I have around 17 gels (favorite flavor is vanilla). For high-intensity training, I absolutely love PowerBar Energy Blasts Energy Chews. My favorite training foods at the moment are Performance Energy Blend—made from real fruit—and Performance Energy Wafer—easy to chew when you are doing more intense exercise on the go." [Powerbar.com](http://Powerbar.com)

**8 VEGEMITE** "Especially if it's a hot race (it's very salty), I have this before and the days leading up to, and sometimes in my special needs bag for the run." [Vegemite.com.au](http://Vegemite.com.au)

**9 CHARCOAL TABLETS** "For after the race—I usually have some digestive issues, and charcoal tablets always sort me out."

**10 ASICS GEL-DS RACER 10** "My favorite race shoes—I love bright colors." [\\$110, Asicsamerica.com](http://$110, Asicsamerica.com)

**11 LUCAS' PAPAW OINTMENT** "Every race I tape up my three middle toes, which helps combat blisters. After the race, I cover them in papaw [papaya] cream. The blisters used to get infections, but I've never had that problem since using this." [\\$11, Lucaspapaw.com.au](http://$11, Lucaspapaw.com.au)

# PHILIPPINES

Once a U.S. colony, the Philippines offers a heartfelt welcome to American visitors and a chance to experience outdoor adventures aplenty, especially in the triathlon-friendly venues of Subic Bay and Camarines Sur (Camsur).

BY HOLLY BENNETT



**FLY:** Get to Subic Bay via Clark International Airport, a mere hour's drive from your destination and the best way to avoid Manila's notorious traffic gridlock (the Manila-to-Subic drive route can take more than four hours). To reach Camsur, a 45-minute regional flight from Manila deposits you at Naga Airport, about 2 miles from your accommodation at Camsur Watersports Complex (CWC).

**STAY:** The Camayan Beach Resort ([Camayanbeachresort.com](http://Camayanbeachresort.com)), an environmentally conscious hotel in Subic Bay's Ilian Forest Preserve, provides private, comfortable and affordable beachfront accommodation 30 minutes away from the commercial hub of Subic Bay Freeport Zone. CWC in Camsur offers a variety of lodging options, from tiki huts to individual houses, all within the same sprawling complex as the world-class watersports park.



**DINE:** The Reef is the sole on-site restaurant at Camayan Beach Resort, offering a vast array of Asian and Western fare. A short drive up from the beach takes you to Bunker Bob's—a military-inspired pizza joint located inside an old munitions bunker and decorated with wartime memorabilia. CWC's Clubhouse Restaurant & Bar likewise features a range of cuisine (try the Filipino favorite Laing Pizza topped with sautéed taro leaves and shrimp cooked in coconut milk and spicy chili).

## *explore the past* HISTORICAL LANDMARKS

History buffs will appreciate Subic Bay, formerly a major U.S. naval base and now a Freeport Zone and port still frequented by Navy ships. Several abandoned munitions bunkers are scattered throughout the jungle in the Ilian Forest Preserve, and the Challenge Philippines bike course traverses parts of Bataan Province, a significant region during World War II.

## RACE IT!

### **Challenge Philippines**

([Challengephilippines.com.ph](http://Challengephilippines.com.ph)), this year on Feb. 21, embraces the "old-school approach" to triathlon and is for the truly adventurous. The swim passes through a protected marine preserve and over two shipwrecks; the bike tackles an endless series of climbs and descents (24–28-tooth cassettes are advised); and the run conquers equally hilly jungle roads and trails beneath a thankfully shaded forest canopy. Challenge Camsur (June 14) is for speed-seekers—it's a flat and fast personal best course, replete with dramatic views of volcanic Mount Isarog. Both races are infused with "Pinoy Spirit"—the never-say-die attitude of Filipinos—making endurance athletes feel right at home.

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MiO

*Which came first—competitive eating or triathlon?*

“Definitely eating. The first sign of my interest in food sports was back in my toddler years. My mother likes to remind me that when I was around 2 years old, I devoured an entire chicken while sitting in my high chair. I don’t remember the meal, but I trust her. I was a late bloomer in athletics.”

*Double-dipping*

In 2014, Salem won two Tour de Donut victories. These bike races have donut stops along the course, where competitors earn time credits for each donut consumed. In Utah, Salem rode 32 miles and ate 40 donuts; in Ohio, 64 miles and 48 donuts. His secret? “Always flatten the doughnuts before you eat them, to cut down on the space they take up in your stomach. A dozen donuts can be flattened to about the size of 1.5 donuts.”

# YASIR SALEM

Like most triathletes, Yasir Salem likes to eat—a lot. When he isn’t pounding the pavement at a race, he’s pounding hot dogs, donuts, shrimp and turkey as a competitive eater. Salem will boast just as loudly about his World Cannoli Eating Championship victory (31.25 cannolis in six minutes) as he will about his Ironman PR (13 hours and 50 minutes).

BY SUSAN LACKE

*Harder than a Kona qualification*

Qualifying for the Nathan’s Hot Dog Eating Championship, the Super Bowl of competitive eating, is quite difficult. Twelve qualifying competitions take place, with the top male and female at each qualifier advancing to finals. Male qualifiers usually consume around 30 hot dogs and buns in 10 minutes—well over eight pounds of food! “Most people can only do 5–7 hot dogs and buns before starting to want to stop,” Salem says. “It took me four years on the Nathan’s circuit before I made it to the finals.”

*Are you listening, Little Debbie?*

“When Little Debbie sponsored Ironman Chattanooga, I read an article in the Chattanooga Bystander that there would be a competitive eating component, and I thought I could have a real shot at winning it. My dreams were dashed when I realized Chattanooga Bystander was a satire site.”

*Inhaling it all*

“One thing that is important for both competitive eating and triathlon is breathing. Joey Chestnut [No. 1 ranked competitive eater] once told me that improper breathing is what holds back a lot of eaters. Similarly, I became more comfortable swimming by focusing on my breathing.”





THE FUTURE OF SPEED  
COMING ON TWO WHEELS IN 2015

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**VENTUM**

# ANGELA NAETH

Although she was a former track and field athlete before jumping into triathlon in 2007, Naeth, 32, has become best known for her strength as a cyclist. She has trained with some of the top coaches in the sport (previously Mark Allen and now Jesse Kropelnicki), amassing 10 Ironman 70.3 titles in a pro career that only became full time in 2010. A half-iron specialist, she recently won her first Ironman (Chattanooga in 2014), and is structuring her 2015 season around a Kona bid. She is originally from British Columbia, Canada, and now lives in Henderson, Nev., with her husband, Paul Duncan.

— AS TOLD TO JULIA BEESON POLLERO



► **WHEN I WAS 10 YEARS OLD I**

saw the Ironman on TV and remember it quite clearly. It inspired me, and it was always in the back of my mind. Living in Canada, we didn't really have triathlon around at that time. It wasn't until 2007 that I entered my first triathlon. It was an Olympic-distance indoor triathlon. It was a small race, only 400–500 people. I was 27. My mom and I drove five and a half hours to get there. I had no idea what I was getting myself into, but I ended up winning the race.

► **I'VE BEEN ATHLETIC FOR AS LONG**

as I can remember, and was in track and field since about sixth grade. I also played basketball, volleyball and I rode my mountain bike. Ever since I was a kid I dreamed of being in the Olympics—at that time for track and field. I got a lot of injuries and started cycling. When I did that first tri, I was like, 'Wow, this is another opportunity for me to be in some type of athletics.'

*I always wanted to do a full IRONMAN, but I was never able to produce enough volume so that I felt like I could contend in IRONMAN. ...Now that I've done a few fulls, I'm really wanting to focus on that.*

I wanted to reach the highest pinnacle, so my first thought process was that I wanted to get to the Olympics. Obviously you have to be a really strong swimmer, and I wasn't quite there. I learned how to swim when I was in high school, but I never really put any focus into swimming until I started training for triathlon. I'm still trying to find that rhythm.

► **MY DAD WAS A BODYBUILDER, SO**

when I was younger I would always go to the gym and lift weights and I primarily did [leg weights] because I loved it. I'm thinking that's where [the cycling prowess] started. I used

to ride my mountain bike back and forth to track practice. And that was about 7 miles each way. I'd go as hard as I could to track practice.

► **IT WAS WINTER IN 2008, AND I**

was sick of being in the cold all the time. I found a triathlon camp in California, and I met a coach that gave me the idea that I could become a professional if I wanted to pursue it in the long distances. So that year I did my first half, and I progressed from there.

► **I MOVED TO BOULDER, COLO., AND**

jumped into Boulder Peak, and that was my first pro win and my first year as a pro, so that was really exciting for me. My first 70.3 was in Boulder and I got second, and that was a neat experience because it felt like my hometown race.

► **I ALWAYS WANTED TO DO A FULL**

Ironman, but I was never able to produce enough volume so that I felt like I could contend in Ironman, so I focused on the 70.3 distance. And now that I've done a few fulls, I'm really wanting to focus on that.

► **I CAME TO DO THE LEADMAN LIFE**

Time race here [in Henderson, outside Las Vegas], and the pro liaison for that race was Paul, who's now my husband. He picked me up from the airport and we hit it off—I fell in love with him at that moment. He's been a local here for the past 10 years, so when we became a couple, I decided to move here. One year later, just before Ironman Tahoe, we got engaged, and a week later we got hitched. Our swim instructor at the time was a pastor, so we asked him to marry us. The day of the marriage, we just looked in our closet and I picked out a dress and he picked out a shirt and that was that.

► **MY FIRST IRONMAN IN TAHOE WAS**

the first time I'd run a marathon, so I was quite scared going into it. My whole goal with that race was just to finish and

have a good time. You want to have your first Ironman race to be a good experience because otherwise you may never go back. I was running scared the entire run since the farthest I'd ever run was 16 miles. When I got to mile 18, I had a panic attack, thinking there was no way that I could make it. My focus was just one mile at a time, and at mile 25 I thought, 'Wow, I can do another mile.' You should never draw that line for yourself—you can always keep going.

► **I HAVE A FOLDER CALLED 'THE MARK**

Folder' and it's thousands of emails between [former coach Mark Allen and me], and there are so many words and sentences that spark something in my head and make me think a little differently. It makes a huge difference in how I go about my life and training. I read one every few days.

► **I WAS IN PANAMA AND NATASCHA**

Badmann was racing and I didn't know too much about her at the time. She just flew by me on the bike, and I was just overwhelmed. I was like, 'Wow she's phenomenal.' We actually biked together that race and then she crashed just ahead of me right before T2. I stopped to make sure she was OK, then kept going. I thought she was absolutely done, and next thing I know she's all bandaged up and running away and it threw me for a loop. She was just so inspiring so I started following her and learning more about her. When I crashed in 2012 at 70.3 worlds, she was there as well. She said a few words to me like, 'You gotta finish this race,' and so I did—because of her. Just to be in that good of shape and always happy and smiling and just grateful for everything is just a huge inspiration for me.

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## OPEN SEASON

Advice for avoiding panic attacks and other perceived perils of open-water swimming

BY MEREDITH ATWOOD

**M**y first open-water training swim may have been one of the worst in the history of open-water swimming. The horrifying tale went something like this: 43 degrees outside, 62 degrees in the lake and my first time in a wetsuit. I knew the open water would be tough, but I was a good swimmer. I would be fine. ¶ As I inched into the cold water, I noticed that my chest felt tight from the wetsuit, but I was hanging tough—until I put my face in the water. The shock of the cold floored me, and I immediately panicked and sucked in water. “I’m OK,” I said to myself. I put my face *back* into the water. More water in my lungs. I tried not to inhale the water, but the reaction was automatic. My coach at the time was gesturing: “We’re going to swim out to that first buoy and then take a left and swim past the four buoys and circle back.” I could not breathe. *Swim? You want me to swim?* ¶ The pressure on my shoulders and chest from the wetsuit was stifling. With my face in the dark water plus the wetsuit, it felt like I was burying myself alive. I couldn’t freestyle. »

I couldn't breaststroke, sidestroke or float. I was absolutely petrified and paralyzed in the water. I tried to swim. I would float, swim, panic and repeat, until I managed to swim about 400 meters in 30 minutes. *Thirty minutes.* I was deflated. I had my first open-water triathlon only three weeks away, and I couldn't make it through my first open-water *practice*.

Here's the good news: I survived the debacle, even though it was very terrifying, very real and very humbling.

More good news! The worst part about open water is the first handful of times you experience it. With practice, it truly becomes easier. I am now completely happy to swim in open water, even very cold water in a wetsuit with 2,500 of my closest triathlete friends—some who like to punch, kick and hit.

Here are a few beginner tips and tricks to make the open-water a little less intimidating.

**BE PREPARED:** Be very comfortable swimming in the pool *before* you attempt to get in the lake, ocean, bay, pond or river near you. You should be able to swim a decent distance in a pool—continuously—before attempting open water. In the open water, there are no walls or sides or resting places. Be confident that you can swim the distance without needing to stop.

Learning to bilaterally breathe (breathing on both sides) is also especially helpful in the open water. During an open water swim, you may find that the waves are crashing on the right or you are staring into the sun on the left. Having the ability to switch sides is a big help in these types of circumstances.

**STAY IN THE SHALLOW END:** I encourage beginners to swim *parallel* to the shore at a depth where you can stand up and rest, if needed. Take your time, find a spot about chest-deep, and swim along the shoreline for the first few open-water sessions. If you feel nervous, just stand up. Compose yourself, catch your breath, say, "I can do this," and get back to it. If you know that you can swim 400–500 meters continuously and you swim parallel to the shore for your first time, you will have a much better experience.

**SIGHTING IS KEY:** Sighting is the process whereby you "peek" your head

out of the water to see where you are going in the open water. Because there are no lines on the bottom of the lake to follow, you have to pick a focus point (outside of the water, in the distance) and make sure you are swimming toward that point. Usually you can use buoys as a point to sight, but it's important to become flexible with sighting buildings, trees or tall landmarks so you will feel ready for anything on race day.

**THE WETSUIT MATTERS:** The best thing to do is get fitted for a wetsuit. Find a local triathlon store and make an appointment. The employees will put you in a decent entry-level wetsuit, tell you how to put it on, and more. If you don't live near a store for a fitting, follow the sizing guide very carefully on the wetsuit manufacturer's website (and if you're borderline between two sizes, your weight is more important than your height in fitting). The suit should be very snug, as it loosens in the water. Use great care in trying it on at home—you can't use any lubricant product on the suit, as many retailers won't let you return it if you do. Some brands allow one swim, so just confirm before you dive in.

On your first wetsuit swim, ease into the water. Don't jump in and go all Michael Phelps. Instead, wade in up to your knees and acclimate. Next, go a little deeper in the water and acclimate. When the water reaches your neck, put your face in the water and out a few times. Once you have spent five or so minutes adapting, begin to take a few strokes parallel to the shore. The few minutes you spend acclimating will stave off potential panic.

**STAY RELENTLESSLY POSITIVE:** Finally, prepare your mind. Keep your thoughts positive—at all times. The mind is the biggest weapon in this sport. Do not so much as utter the words "panic" or "fear" or "I can't." Repeat the words "I can do this" in your head—every day, morning and night and at the start of every swim. Prepare mentally during your swims in the pool with continuous swim workouts. Do not allow the fear to paralyze you. If you have a bad experience, get back out there. Practice often and it will become easier. You can do this! ■

Meredith Atwood is a wife, mother, attorney, Ironman, coach and author of *Triathlon for the Every Woman*. She lives in Atlanta and blogs at [Swimbikemom.com](http://Swimbikemom.com).



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# I AM NOT AN IRONMAN ...AND THAT'S OK

There's more to triathlon than the M-dot.

BY JESSE THOMAS

**W**hen I tell people that I'm a professional triathlete, the first question I usually get is: "Have you done THE IRONMAN?" Most people mean one of two things—either "an" Ironman, or "the" Ironman, the one they see on NBC from Kona that's kind of a big deal. ¶ Of course, my answer is no. As much as it may surprise my dozens of loyal readers, I haven't done an Ironman. And while I'm a proud two-time finisher of the Kona Underpants Run, I've been unable to sell the rights to my hairy-chested tighty whities to NBC. ¶ And answering "no" always saddens me a bit. Not because I haven't done an Ironman, but because something in the question, or the tone or the look I get when I respond "no," makes me feel like I need to justify *why* I haven't done an Ironman. »

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**Prep Time:** 25 minutes  
(not including holding time)  
**Cook Time:** 15 minutes  
**Servings:** 6

**RECIPE**

1 can (14.75 ounces) traditional pack canned salmon or 2 cans (6 to 7 oz. each) skinless, boneless canned salmon, drained and chunked  
4 cups prepared quinoa (white or red)  
8 large eggs, beaten  
1 cup panko bread crumbs  
2 cups finely diced fresh bell peppers (any color or combination)  
1 cup finely diced red onion  
1 teaspoon kosher salt  
1 teaspoon black pepper  
2 cups sour cream or crème fraîche  
2 Tablespoons fresh chopped dill (or 2 teaspoons dried dill weed)  
2 Tablespoons lemon zest  
2/3 cup canola or olive oil, divided

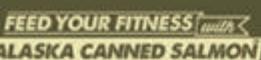
Combine drained salmon, quinoa, eggs, panko, bell pepper, onion, salt and pepper. Form into patties (1/4 cup each). Cover and refrigerate 20 to 30 minutes, to firm.

In a bowl, blend cream, dill and lemon zest.

Lightly coat a nonstick pan with oil. Warm over medium heat, then add patties, several at a time, and cook until golden brown on both sides. Keep warm.

For each serving, place patties on a plate and drizzle with dill sauce.

**Nutrients per serving:** 830 calories, 21.5g total fat, 4g saturated fat, 258 calories from fat, 378mg cholesterol, 49.5g protein, 106g carbohydrate, 9.5g fiber, 766mg sodium, 275.5mg calcium, and 1,350mg omega-3 fatty acids

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I feel the need to give an explanation about being “new to the sport,” or “planning to do one next year,” or “but I still tri really hard I swear!” It’s like the many triathlons I’ve done, some over very hard courses at a fairly reasonable pace, simply just don’t matter until I’ve finished an Ironman.

So why have I gone five-plus years in the sport, four as a pro, without doing an Ironman? Well, why would I? If you look at it from a solely professional angle, there are some major disadvantages: more time training, higher risk of injury, less racing. Unless you are one of the top 3–5 guys at Kona, then it likely makes less financial sense as well. Most sponsor bonuses and prize money I’ve seen are 1.5 to two times more than the payout for a half-Ironman, but it’s a *lot* easier to race more than twice as many halves in a season. When racing an Ironman, if something goes wrong, it’s harder to make it up with another race. Your season has less flexibility and it puts even more sponsorship/income pressure on a single performance on a single day. It’s a higher risk, less efficient use of time and money. (Please do not share this article with another pro or my entire strategy is blown!)

You could argue the same thing for age-groupers. If your goal is to stay healthy and fit, training and racing shorter distances is probably more likely to keep you *consistently* healthy and fit than an Ironman will. If you’re doing it for fun and happiness, it’s easy to argue that preparing for an Ironman can venture past the fun/happy side to borderline cray-cray. Whenever I imagine training for an Ironman, I think of that YouTube video with the robotic-voice dude who says, “This is fun for me,” in response to why he has to go to bed at 6 o’clock. Many of my age-grouper friends say that training for an Ironman is hard—not just hard physically, but hard on their families, on their jobs and friends. It seems easy for that natural happy balance of life to sway a little too far into training mode.

Then why do so many pros and age-groupers focus on Ironman? My guess is it’s partly because triathlon, for better and for worse, is dominated by the Ironman brand. No single organization has done more to promote and grow the sport than its owner, World Triathlon Corporation. In some ways, I probably have WTC to thank for the sponsorship interest and income opportunities that pay Jude’s diaper bills. But the power of that growth has made the sport feel Ironman-centric. And more and

more, people seem to be joining the sport specifically for an M-dot experience, and counting their accomplishments solely in Ironman stats.

I think this affects the way people approach the sport. More people feel like they need to do an Ironman to legitimize their triathlon pursuit, the time and money they invest in it and the sacrifices they make—myself included.

I’ve seen this on the professional side as well. My sponsors are mostly comfortable and supportive of whatever plans I make, but there is general industry pressure to be on the road to Ironman, specifically on the road to Kona, because of the real or perceived increase in marketing value of being there.

But the pursuit of Ironman isn’t just due to good marketing or sponsors. There’s a challenge in Ironman that makes it uniquely appealing, and I get that. It’s a perfect triathlon distance that allows the majority of prepared participants to finish in a day. There’s also an appealing overlap with the well-known distance of the marathon. Technically, there are longer, harder triathlons out there, but they are multiple day events and more logically challenging. These factors help Ironman remain as the most universally sought after *premier* accomplishment in the sport. I feel a pull to Ironman that has nothing to do with sponsors. It’s my own need as a competitive athlete to toe the line on the biggest stage and see what I’ve got. And for that reason alone, I’ll do an Ironman some day, and I’ll try to qualify for Kona, even if it means sacrificing income along the way.

I understand the allure, and there’s nothing wrong with choosing to make that one accomplishment your focus (I probably will one day). But I also think that there are many other ways to challenge yourself, whether it be tough courses, like my favorite, Wildflower, or races with unique conditions and distances like Escape from Alcatraz. Or it could be just challenging yourself to go faster, finish higher in your age group, or beat that brownnoser from sales in your local tri (sorry, sales guys).

So while an Ironman is an admirable and worthy goal, you shouldn’t feel like it has to be *the* goal. There is plenty of other triathlon out there that can both challenge you and provide you with the healthy balance you’re looking for.

As my friend and mentor Stuart Smalley, whom I quote often in my articles, might say while looking in a mirror: “I’m NOT an Ironman ... and that’s OK.” ■

*Jesse Thomas (@jessemthomas) is a four-time Wildflower Long Course champion and the CEO of Picky Bars (Pickybars.com).*

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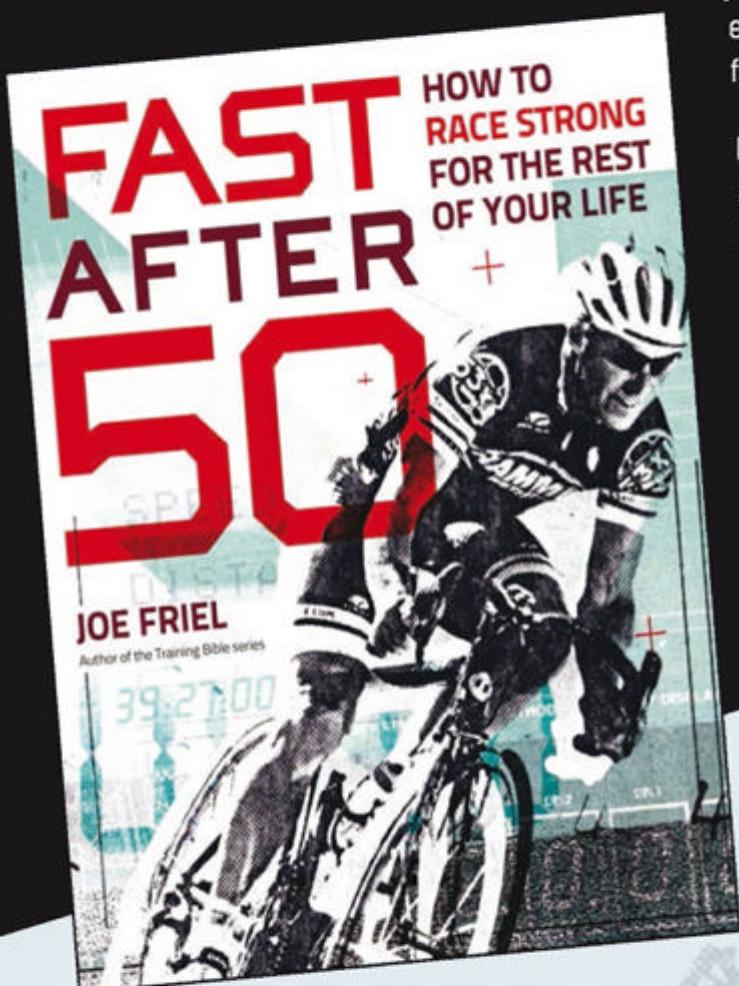
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# swim bike run

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On March 22, Melbourne, Australia, will host the Ironman Asia-Pacific Championship starting with a waist-deep swim start at the Frankston Foreshore. The early-season Ironman always proves to be competitive, with a \$30,000 prize for first place in the pro field and 75 Kona qualifying slots on the line for age-groupers. Last year's race was won by Luxembourg's Dirk Bockel and Switzerland's Caroline Steffen.

PHOTOGRAPH BY DELLY CARR



## BONUS WORKOUT

Choose a set based on your ability level. The A set is based on intervals of 1:20–1:30 per 100. The B set is based on intervals of 1:50–2:00 per 100. The C set is 2,000–2,500 yards total and based on a rest interval.

**A**

- 500 swim/400 pull/300 kick
- 4x250 pull on 3:30 (150 FAST/100 easy)
- 4x200 swim on 2:50 (100 FAST/100 easy)
- 4x150 swim on 2:15 (100 IM, FAST/50 free, easy)
- 4x100 kick on 2:00 (50 FAST/50 easy)
- 200 cool-down

**TOTAL: 4200**

**B**

- 400 swim/300 pull/200 kick
- 4x200 pull on 3:45 (100 FAST/100 easy)
- 4x150 swim on 2:50 (100 FAST/50 easy)
- 4x100 swim on 2:15 (50 FAST/50 easy, non-free)
- 4x75 kick on 2:00 (50 FAST/25 easy)
- 200 cool-down

**TOTAL: 3200**

**C**

- 300 swim/200 pull/100 kick
- 3x200 pull with 30 sec rest (100 FAST/100 easy)
- 3x150 swim with 30 sec rest (100 FAST/50 easy)
- 3x100 swim with 20 sec rest (50 FAST/50 non-free)
- 3x50 kick with 20 sec rest (25 FAST/25 easy)
- 200 cool-down

**TOTAL: 2200**

—SARA McLARTY

## What are some good drills to practice in the pool to help with open-water swimming?

—@BrendaTeamTTF

**A:** Try these in the pool to simulate open-water swimming:

**Tarzan drill:** Swim the length of the pool with your head above water to build strength in your neck to prepare for sighting.

**No Walls/Turn at the “T”:** Complete a long distance swim (300–800 yards) without touching the walls. Flip or turn around before the wall and use your stroke and kick to gain momentum.

**Start from Zero:** Practice in-water starts with other people in your lane to simulate the contact and chaos. Tread water under the flags then sprint the length of the pool. Repeat 3–6 times.

**Q:** Is 2500 meters three times a week enough [to prepare] for Ironman?  
—@Celrinevan

**A:** The Ironman-distance swim is about 4000 meters in length. Proper preparation to successfully complete this swim should involve training 4000 meters on a regular basis in the lead-up to the race. The goal is to prepare to do more than just complete the swim portion, but complete it without struggling and with energy for the remainder of the event. Continue swimming three times per week but make one a distance swim. Increase the total distance of this swim each week

until you are comfortably completing 4000 meters in one session.

**Q:** I struggle with flexibility in my shoulders and it affects my swimming. Any tips? —@NashvilleRyan

**A:** Every swimmer has a slightly different stroke technique that works best for his or her body. Adjust your technique to match your body's limitations instead of trying to change your stroke to match someone else's. Inflexible shoulders are a common issue for adults new to swimming. Try a wider arm entry at the top of your stroke and a lower catch under the water. Experiment to find your most efficient movements.

**Q:** What is more effective when pulling underwater: a slight gap between fingers or fingers tightly together? —@dpaton01

**A:** Try this: Put your hand out the window of a moving car and hold your fingers in different positions. The position that provides the most air resistance will also provide the most water pressure: relaxed with a small gap between fingers and thumb close. Keep your fingers pointing down and your palm facing back for a powerful underwater pull.



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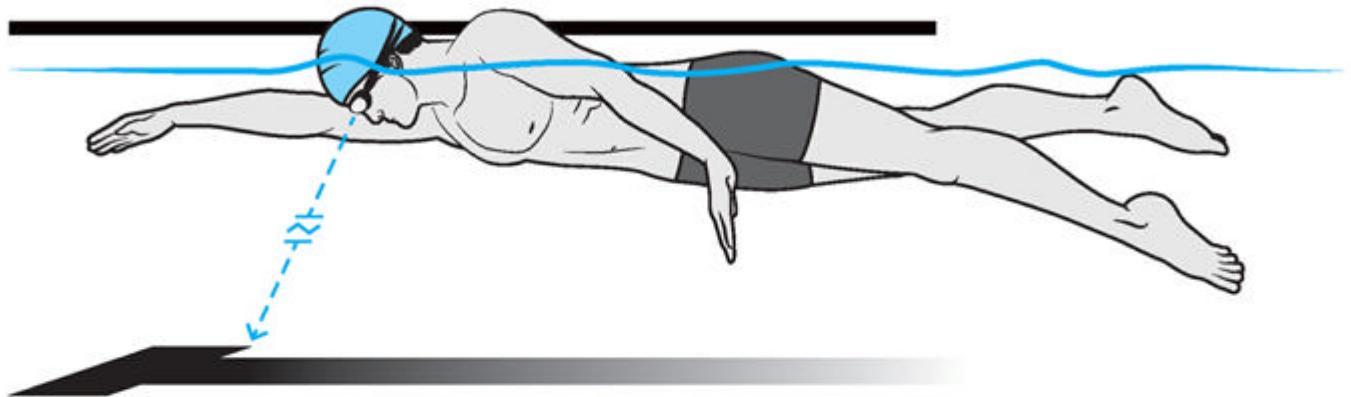
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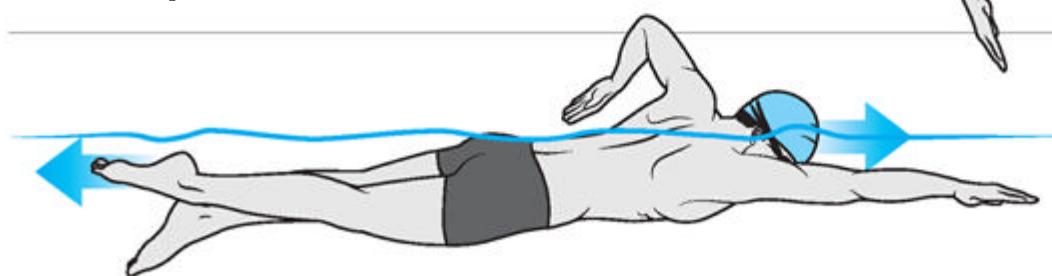
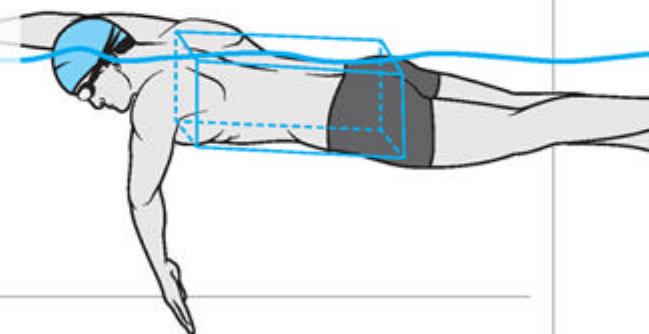
Key in on these focus points to get the most out of your stroke. **BY BRYAN MINEO**



Growing up, you likely were told to stand up straight or not to slouch. That same advice should be carried to the water, where your posture significantly affects body position. Pay attention to these key postural focuses to help reduce excess drag and increase lift and speed.

↑ First, pay attention to your head position. If your head is too high or too low, your hips and legs will drop and cause drag. You'll find the sweet spot while gazing underwater a few feet in front of you at the black line until the waterline breaks at the top third of your head. This creates a bow wave off of your head and a subsequent pocket of air to easily breathe into. With the visual reference point on the black line, you can now create consistency and keep your head position in check.

→ It's easy to unintentionally roll your shoulders forward and "slouch" during freestyle. Focus on drawing your shoulder blades back and down as your arm extends forward at the front of the stroke. This not only recruits the bigger muscle groups of your back for the entire pull, but it also helps to eliminate an arm cross-over in front of your head. Among many things, a cross-over can cause your legs to scissor open wide or fishtail in an attempt to counter-balance your body. Imagine you have a box framing your torso and the goal is to keep all of your body inside of it symmetrically. This will help to remove any lateral movement in the torso or fish tailing, as well as keep the shoulders square.



↗ Let's look closer at the role of your core in the water. If your core lacks engagement during freestyle you will likely feel a disconnect in your stroke. Your core should function as the connecting piece of your upper and lower body, allowing for symmetry in which your shoulders and hips are rotating together on the same plane. Imagine extending the crown of your head toward the wall ahead, while also extending your toes to the wall behind you. This helps to create length in the torso and tautness in the core to stabilize the spine.

Use the concepts above to help create better posture in the water. Have a friend or swim coach video your stroke. You may be humbled by what you see, but you will have an honest look at how you're moving in the water and the areas that need the most focus. Remember, swim proud!



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# THE SWIMMING SKILL LADDER

This hierarchy will determine where you should focus your time in the pool. **BY SARA McLARTY**

→ There are only two or three technique/form things you can really think about at one time in the water. What should you fix about your stroke first before you move on to the next area of focus? This skill ladder will help determine where you should start and what you should ultimately work up to.

Developing a technically correct freestyle stroke is easiest if you start at the bottom rung and work your way up the ladder only when you have truly mastered the lower steps. This ladder is a simple example of skills and technique from basic to advanced. Start at the bottom of the ladder and check the steps as you answer “yes.”

Review the steps where you answered “no.” Are you trying to improve a high-level skill before you’ve mastered one or two of the lower steps? Working on the simplest aspects of technique can often have a huge impact on your overall performance. For example, mastering the ability to float and relax in the water can have a positive impact on stroke rate and distance per stroke. Even elite triathletes and Olympic swimmers devote time in practice on drills to keep their technique sharp and identify any imbalances or weaknesses. Spend time strengthening the base of your ladder to see an overall improvement in speed and power.

*start here* 

**PULL:** DO FINGERTIPS POINT DOWN AND ELBOW STAYS HIGH?

**CATCH:** DOES THE WRIST STAY UNBENT?

**REACH:** DO HANDS EXTEND FORWARD AND SLIGHTLY DOWN?

**ENTRY:** DOES THE ARM DROP INTO THE WATER WITHOUT PAUSE?

**RECOVERY:** IS YOUR ARM RELAXED WITH A HIGH ELBOW?

**FINISH:** DOES YOUR HAND EXIT THE WATER PAST YOUR HIP?

**CENTER LINE:** DO YOU AVOID CROSSING THE CENTER LINE WITH YOUR HANDS?

**ROTATION:** DOES YOUR TORSO ROTATE WITH YOUR STROKE?

**BILATERAL BREATHING:** CAN YOU BREATHE TO BOTH SIDES?

**HEAD POSITION:** IS YOUR HEAD IN A NEUTRAL POSITION?

**BALANCE:** ARE YOUR HIPS NEAR THE SURFACE WHEN YOU SWIM?

**KICKING:** ARE YOU USING YOUR KICK TO GET ACROSS THE POOL?

**BREATHING:** ARE YOU EXHALING UNDER THE WATER?

**FLOATING & RELAXING:** CAN YOU FLOAT ON YOUR STOMACH?



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RUN 10 KM

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# Quiz: CAN YOU GUESS THE FOCUS OF THIS MAIN SET?

COACHES CAN WRITE VERY CREATIVE, CONFUSING AND CHALLENGING SWIM workouts, but hopefully they do so with a purpose in mind. Sometimes all you want to do is just get in the pool, survive the prescribed number of laps, get out and go home, but it's important to remember *why* you're doing a workout and what the main goal is.

For example, take a workout focused on pacing. A main set to improve pacing might look something like: 10x100 with 15 seconds rest (best average). The goal of the set is to swim all 10 100s with the best possible average time. An athlete with good pacing should be able to keep the difference between his fastest and slowest 100 below five seconds. This takes an awareness of personal ability, which transfers directly to a well-paced open-water triathlon swim.

If you don't know *why* you are doing a workout, you will have a hard time making and meeting the goals of the set. When in doubt, ask your coach to explain how you should execute the workout to get the most benefit. —SARA McLARTY

## TRY IT! MATCH THE FOCUS TO THE WORKOUT

<b>1</b> Sprinting/anaerobic	<b>A</b> 4x225 with 30 sec rest (100 easy/25 sprint/100 easy)
<b>2</b> Endurance/base pace	<b>B</b> 10x25 with 45 sec rest (as fast as possible!)
<b>3</b> Active recovery	<b>C</b> 400 pull/300 swim/200 non-free/100 kick
<b>4</b> Mid-race surge practice	<b>D</b> 5x200 with 20 sec rest (first 25 Tarzan/No Walls)
<b>5</b> Test set	<b>E</b> 6x300 with 30 sec rest (odds: swim, evens: pull)
<b>6</b> Technique	<b>F</b> 1x500 swim (best time possible)
<b>7</b> Recovery	<b>G</b> 5x150 with 20 sec rest (50 fast/100 moderate)
<b>8</b> Open-water	<b>H</b> 8x50 with 15 sec rest (descend stroke count 1-4, 5-8)

ANSWERS: 1 Sprinting/anaerobic; 2 Endurance/base pace; 3 Active recovery; 4 Mid-race surge practice; 5 Test set; 6 Technique; 7 Recovery; 8 Open-water

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# WANT TO INCREASE YOUR PAIN TOLERANCE?

Take your performance to the next level by learning to embrace discomfort. **BY MACKENZIE LOBBY HAVEY**

**COMPARED TO THE GENERAL POPULACE**, multisport buffs are as tough as they come. There's even research to back up that contention. To gain an understanding of what accounts for that tenacity, a new study sought to examine the important link between pain and performance. Indeed, those who are able to push harder and longer are usually the ones who end up atop the podium on race day.

Published in the *European Journal of Applied Physiology*, researchers had a group of cyclists perform sprint interval tests on bikes, giving them either 1.5 grams of acetaminophen (pain reliever, aka generic Tylenol) or a placebo prior to exercise. They then monitored their power output and heart rate during each sprint, finding that when they took acetaminophen, the participants had a significantly greater mean power output.

This backed up related research that involved 13 trained male cyclists performing a 10-mile time trial after taking acetaminophen or a placebo. In similar findings, they discovered that the participants were able to cycle at higher mean power outputs and finish faster when they took the acetaminophen. They concluded that their findings

"support the notion that exercise is regulated by pain perception, and increased pain tolerance can improve exercise capacity."

Now this certainly doesn't mean that triathletes should start popping pills before workouts and races. Researchers simply relied on acetaminophen as an easy and quick way to mask pain in lab conditions. In real life, taking medication to cover up pain is a recipe for injury and should be avoided in most cases. The important takeaway from these studies is that a higher pain tolerance and increased performance go hand in hand. Luckily, with a bit of hard work, you can naturally boost that tolerance—and thereby performance—without running to the medicine cabinet.

"Athlete perception of pain is definitely a factor in performance, but you have to always remember that it's a moving target based on an athlete's health and training status," says Will Kirousis, a USA Triathlon and USA Cycling-certified coach who serves as the co-director of Tri-Hard Endurance Sports Coaching in Massachusetts.

By this, he means that through training and experience in the sport, you can actually train yourself to have a higher pain threshold. Keep

**“Through training and experience in the sport, you can actually train yourself to have a higher pain threshold.”**

in mind, however, that there is a big difference between the pain and discomfort associated with hard racing and training, and that related to actual injuries. When it comes to the latter, there is no benefit to enduring through the hurt.

## BOOST YOUR PAIN THRESHOLD

If you are healthy and looking to bump up your ability to withstand the discomfort associated with hard work, Kirousis emphasizes the importance of three types of workouts. Most applicable to your preparation for a goal race is simply to schedule "practice" lead-up races early and mid-season to get your legs and lungs working harder than they might in regular workouts. "Doing a few specific training races in the build-up to your main event for the year is invaluable," he says. "You get to practice in the atmosphere of the race and you raise the bar performance-wise to the highest level you can on that day."

Another important way to build your pain tolerance is through high-intensity workouts like hard interval training. "These workouts are intense, have clear goals, and work great to stretch fatigue-based pain threshold, assuming they are done in a training environment that emphasizes recovery and freshness overall," Kirousis says.

While it may sound counterintuitive, it's also vital to increase your pain tolerance during recovery. "If you aren't fresh, you don't have the emotional reserve to move your pain threshold during a race or workout," he explained. "If you are focused on suffering all the time, you get tired and have no reserve, which lowers pain threshold."

Put simply, to increase your tolerance for pain, you need to implement increasingly more difficult workouts. With that said, if you aren't rested enough to withstand those tougher sessions, you'll always be logging sub-optimal workouts, which won't contribute to overall performance improvements. By following a smart training plan with strategically scheduled hard workouts and recovery days, you'll notice over months (and years) you're able to handle more than you perhaps ever thought possible.

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# FIVE WORTHY BIKE INVESTMENTS

These accessories may be pricey, but they will significantly enhance your bike experience this year. **BY SCOTT BOULBOL**



## ▲ TRI-SPECIFIC SADDLE

**The Selle Italia Iron**

**Tekno Flow** (\$500, [Selleitalia.com](http://Selleitalia.com)) is an extremely light (202 grams) tri-specific saddle, but it transcends the usual awkward, bulky designs with its sleek, carbon-reinforced cutaway construction, full-carbon rails, and just enough padding for the long haul. This, along with its forward-placed rail attachment, facilitates the more over-the-pedals positioning triathletes require to maximize power and minimize fatigue, with a wide, turned-up tail to support the pelvic bones and provide a push-off. The narrow nose means more thigh room, and the split rail design is easier on the sensitive nether regions in an aero posture.



## ▲ PROFESSIONAL TOOL KIT

Stop paying top dollar for random tools every time you have a repair—or worse, MacGyvering a fix with random household items. Get yourself a complete, professional tool set like the **Park Tool EK-1 Travel Kit** (\$700, [Parktool.com](http://Parktool.com)). With more than 35 tools, all housed in a bullet-proof locking case with adjustable interior storage options, it can even be configured as a portable tool shelf by removing the interior sleeves and hanging them from the case. And with the added backpack harness (\$100) you can easily carry it to events.

## ► OVALIZED CHAINRINGS

We all generate considerably less power in the “dead zone” of our pedal stroke. They take some getting used to, but **Rotor’s Q Aero Chainring Sets** (\$285–\$330, [Rotorbikeusa.com](http://Rotorbikeusa.com)) address this by ovalizing the rings: A 50T (tooth) ring, for instance, feels like 48T in the dead zones and a 52T in the power zones. On a standard 53T Q-ring, the range feels like 51T in dead zones and 56T in power zones, making oval rings theoretically more beneficial over long, steady efforts like most triathlon courses. The rings are available in most sizes/configurations, and in road or aero profiles.



## ◀ FORK-MOUNTED WORK STAND

Tired of flipping your bike over on its saddle and bars to work on your rig? Invest in **Feedback Sports’ Sprint Work Stand** (\$270, [Feedbacksports.com](http://Feedbacksports.com)).

The bike sits in the stand, like a car-top rack, with highly adjustable fork and BB mounts. It can accommodate any bike type, regardless of tube shape or size, with no clamps that will mark up the tubing. A lower standing height keeps it surprisingly light and sturdy, with telescoping, quick-release height adjustment. Traveling? Just slip it in the compact shoulder-strap tote (included) and go.



## ▲ WHEELED, SOFT TRAVEL CASE

Combining the best traits of hard and soft cases, the

**SciCon Aerocomfort Travel Case** (\$670, [Sciconbags.com](http://Sciconbags.com)) features a soft but well-padded structure to keep weight down and storage easy, while the internal frame holds the bike upright and safe inside the case, with quick-release skewers securing the fork and rear triangle. The tri-bike-specific shape means you don’t have to take apart and reassemble your perfectly dialed front end when traveling. Padded and reinforced wheel sleeves zip up around the frame to seal the package, and the whole setup can be easily carried or wheeled with adjustable straps.

# SHOW ME THE WAY

The easy-to-use Magellan Cyclo 505 can track your fitness and plan your routes. **BY EVAN RUDD**

**WHEN THE CALL OF THE OPEN ROAD BECKONS,** the Magellan Cyclo 505hc is a rewarding companion. With a host of navigational and performance tracking features, this powerful computer has Bluetooth, Wi-Fi and ANT+ connectivity, and for \$500, the hc version comes with a heart rate monitor, cadence sensor and an out-front mount. In an industry dominated by Garmin, it's worth noting the Cyclo 505hc is \$200 cheaper than the Edge 1000.

When you first turn on the Cyclo 505, it's immediately apparent that this device was designed to be intuitive and easy to operate. All the expected features—speed, distance, heart

rate and elevation gain—can be customized to display however you'd like, but the most exciting part about this computer is its navigational features. You can plug in a physical address or simply click a spot on the map to receive turn-by-turn directions. When your sense of adventure takes you a bit off course, you can find nearby bike shops, restaurants, pubs or hospitals. While most people ride with their smart phone, having access to that information on your handlebars, just a few clicks away, is incredibly convenient.

If you find yourself bored of your weekly routine, the "surprise me" feature will create a

## MAGELLAN CYCLO 505HC

\$500, [Magellangps.com](http://Magellangps.com)

route after you've input your desired ride distance and difficulty level. You can specify what types of routes you prefer (dirt vs. road) and share your ride plan with other Magellan Cyclo owners wirelessly with the share feature.

The Cyclo 505 is the first cycling GPS computer to provide Bluetooth connectivity with your phone. After syncing the device, the computer will display incoming calls and texts. You can even control your music playlists directly from the device. Need to switch to something a little more upbeat for your next interval? You can leave your phone in your pocket and still find the perfect jam.

If you're near a wireless hotspot, you can upload your rides to Magellan's ride tracking site or Strava. Shimano Di2 users can sync their computers to record shifting information to analyze time spent in certain gears.

## DRAWBACKS:

The Cyclo 505 doesn't allow others to track you in real time like the Garmin Edge series. It also lacks the battery life of the Edge 1000, which claims to have up to 15 hours of run time compared to the claimed 12 hours of the 505hc. (Tests revealed that number to be closer to 10 hours.)

## BEST FOR:

Explorers. The mapping technology combined with the performance tracking features make it ideal for athletes who want a computer that will direct them to the nearest coffee shop, then cleanly display their power output from the last climb.

## Power what? A quick guide to help you understand power terms

If you're new to training with power, there can be a bit of a learning curve with terminology. Here are some common terms you will see after logging and uploading that first ride to Training Peaks. Make sure your zones are set correctly in both your training software and your head unit for these values to be accurate.

### Average Power

Exactly what it sounds like, it's a measure of your actual power over the course of the session, including zeros. Because average power does not describe the work performed

during a session, it is not usually a good indicator of how fatiguing a session was.

### Normalized Power

Through a complex algorithm, this is the predicted effort you could have held if you

had maintained an even effort versus a variable effort. This number seeks to better quantify the relative effort of a session, thus normalized instead of average power is generally used for triathlon race pacing.

### Intensity Factor

**[IF]** While average and normalized power are objective measures, intensity factor

defines how intense a given effort is to you personally, as it is the percentage of threshold power maintained over a period of time.

### Variability Index

**[VI]** Your normalized power divided by average power. Your goal race type, terrain and pacing plan determine optimal VI. Generally, for triathlon, a VI of less than 1.05 is desirable.

**► Watts/KG** Watts per kilogram of body weight is the way to compare riders of different sizes.

Performance gains can come from working on either the body weight side or the power increase side of the equation. According to Dr. Andrew Coggan's power profile, a watts/kg ratio at threshold of 4-4.5 equates to a Cat 2 cyclist. —BETHANY RUTLEDGE

# WORKOUT TO WORK

Fit in a workout (and up your happiness factor!) on your daily commute.

BY SUSAN LACKE

**BIKE COMMUTES OFFER A HOST OF** benefits: physical fitness, reduced impact on the environment, primo parking, and (in some cases) cash bonuses from employee wellness programs. Plus, a recent study out of Clemson University reveals happiness may be linked to the mode of transportation utilized to get to and from work. Those who commuted by bike were significantly more cheerful than those who drove cars or rode public transportation.

For triathletes, it's a way to kill two birds with one stone—get to work *and* get a workout. Maximize your saddle time with these three workouts:



## TRAVELING TECHNIQUE

Use your short rides to and from work to focus on one element of cycling technique. Aim for a high cadence (90–100 RPM) and an even pedal stroke the entire way around, or work on your transitions from climbing in then out of the saddle.

## STOPLIGHT INTERVALS

After a 5–10-minute warm-up, insert short bursts of speed by riding hard from one stoplight to the next, followed by an easier recovery effort. If your ride offers long stretches of road without pause, mark your intervals with landmarks, such as light posts or mailboxes.

## BIG RING FOR THE BIG BOSS

Using a hard gear from a full stop builds leg strength and bike-handling skills. Set your chain in a harder gear before coming to a stop at a red light. When you get the green light, ride for 1 minute at a hard effort before dropping down to a more comfortable level.

## COMMUTER ESSENTIALS



If you're riding through an urban setting, your bike lights may blend in with the commotion of cars, buses, storefronts, and billboards. **Brainy Bike Lights** (\$61, [BrainyBikelights.com](http://BrainyBikelights.com)) were designed to cut through light clutter and increase visibility of cyclists day and night.



Unless your workplace provides showers (you lucky duck!), you'll need a way to rinse off after your ride. Stock your desk drawer with a hairbrush, deodorant and **Paper Shower body wipes** (\$6.50, pack of 12, [PaperShower.com](http://PaperShower.com)).



If the boss doesn't approve of you decorating your cubicle with your bike, rest easy knowing your bike is secured outside with the **OnGuard Mastiff 8020 bike lock** (\$90, [Onguardlock.com](http://Onguardlock.com)). The titanium-reinforced chains stand up to common theft tools, including hacksaws, bolt cutters and angle grinders.



Rush hour is not the time to deal with a loose, shifting messenger bag hitting your knees! Keep your belongings close to your body with the **Thule Crossover Backpack** (\$100, [Thule.com](http://Thule.com)).

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3/28 Xterra Camp Eagle – Rocksprings, TX  
3/28 Xterra Real – Granite Bay, CA  
4/4 Xterra Tiger – Auburn, AL  
4/11 Xterra Guam Championship\* – Piti, Guam  
4/25 Xterra West Championship\* – Lake Las Vegas, NV  
4/25 Xterra Fort Yargo – Winder, GA  
4/26 Xterra Jersey Devil – Barnegat, NJ  
4/26 Xterra Bluebonnet – Burnet, TX  
5/2 Xterra Epic – Rustman – ArkaDelphia, AR  
5/2 Xterra Tri2Unify – Yuma, AZ  
5/3 Xterra Myrtle Beach – Myrtle Beach, SC  
5/3 Xterra Gator Terra – ArkaDelphia, AR  
5/16 Xterra Southeast Championship\* & USA Triathlon Off-Road Nationals – Pelham, AL  
5/16 Xterra Renegade – San Dimas, CA  
5/30 Xterra Lory – Bellvue, CO  
5/31 Xterra Laguna Beach – Laguna Beach, CA  
5/31 Xterra Tsali – Bryson City, NC  
5/31 Xterra Eureka Springs – Eureka Springs, AR  
6/7 Xterra Knoxville – Knoxville, TN  
6/7 Xterra East Championship\* – Richmond, VA  
6/13 Xterra Greensboro – Greensboro, NC  
6/13 Xterra Muleshoe – Spicewood, TX  
6/14 Xterra Pagosa Springs – Pagosa Springs, CO  
6/20 Xterra Dino Northern Indiana – North Liberty, IN  
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7/4 Xterra Freedom Fest\* – Ka'A'awa, HI  
7/11 Xterra Magnolia Hill – Navasota, TX  
7/11 Xterra Les Bois – Boise, ID  
7/12 Xterra EX2 – Flintstone, MD  
7/18 Xterra Sky High – Grafton, NY  
7/18 Xterra Hammerman – Anchorage, AK  
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7/18 Xterra Dino Southern Indiana – Versailles, IN  
7/18 Xterra Mountain Championship\* – Beaver Creek, CO  
7/25 Xterra Aspen Valley – Carbondale, CO  
7/25 Xterra Snow Valley – Running Springs, CA  
7/26 Xterra Panther Creek – Morristown, TN  
7/26 Xterra Ionia – Ionia, MI  
7/26 Xterra Bozeman – Bozeman, MT  
8/2 Xterra Blackwater – Milton, FL  
8/2 Xterra Appalachia – Penn Run, PA  
8/8 Xterra Tri The Torture – Glorieta, NM  
8/8 Xterra Snow Mountain Ranch – Granby, CO  
8/8 Xterra Portland – Gaston, OR  
8/15 Xterra Illinois Wilds – Hanna City, IL  
8/15 Xterra Iron Creek – Spearfish, SD  
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8/23 Xterra Wild Ride – McCall, ID  
8/29 Xterra Tide – Coker, AL  
8/30 Xterra Women – Steamboat, CO  
9/12 Xterra Fruita (2016) – Fruita, CO  
9/19 Xterra Utah – Ogden, UT  
9/19 Xterra USA Championship\* – Ogden, UT  
10/11 Xterra Rockhopper (2016) – Tempe, AZ  
11/1 Xterra World Championship – Kapalua, Maui

Red = America Tour Championship Race

\* Xterra World Championship Qualifier

Tentative as of 1.6.15.



# WATT SAVER

**▼** Before the 2014 Ironman World Championship, several top pro finishers such as Sebastian Kienle and Frederik Van Lierde made an upgrade to their drivetrains not easily detectable by an inspection of their components—they swapped their stock chains for a specially treated chain from UltraFast Optimization, a company born from the independent testing efforts of a company called Friction Facts.

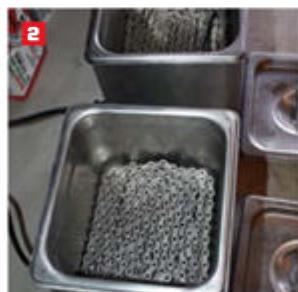
UltraFast sells chains that have been stripped clean of the factory coating that comes with all bicycle chains, and instead treated its chains with a paraffin wax and Teflon PTFE powder application. According to the company's research, the chain is about 2 percent more efficient. The process to treat a chain is time-consuming and involves polishing, cleaning and applying two layers of lube. UltraFast has open-sourced its process, publishing the 21-step directions on its website, complete with a shopping list of materials.

It's relevant to note that UltraFast started off as an independent testing company looking to serve manufacturers and consumers in the cycling industry. It wasn't until founder Jason Smith discovered the chain treatment formula through his rigorous testing standards did he decide to start selling chains under the UltraFast Optimization website.

If this treatment is so amazing, why don't manufacturers like SRAM and Shimano treat their chains the same way? The downside to an UltraFast treated chain is that the wax will only last for about 200 miles before your chain's performance decreases to stock levels and needs to be retreated. That may sound ridiculous to the average consumer, especially since an UltraFast chain costs about 80 percent more than a stock chain (a Shimano Dura-Ace 11-speed chain goes for \$89 on Ultrafastoptimization.com). But for pros and competitive age-groupers, \$89 for a chain may seem like a bargain to potentially save 6 watts on race day. —EVAN RUDD



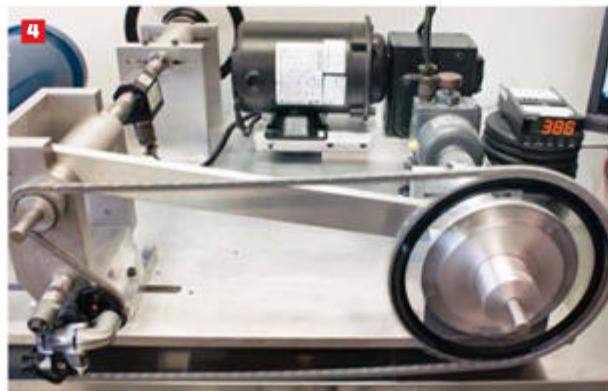
**1** A block of 99.5% pure paraffin with PTFE powder and MoS2 powder, the raw ingredients of the UltraFast Wax Blend.



**2** Chains in the ultrasonic tub, ready for stripping of the factory grease.



**3** Chain receiving the final application. **4** Chains being placed on the equipment for initial break-in.



*kit of the month*

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▲ Perfect for transitioning from the off-season, the soft material and V shape of the waistband on Pearl Izumi's Symphony Tights (women's) allows for a little more breathing room and helps to avoid the dreaded muffin-top look. The 3/4-length of the capris is ideal for the not-quite-spring time of year, and the chamois is plush and comfortable for building those base miles. The jersey comes from Pearl's Elite line, the company's middle cut between the looser Select line and super form-fitting P.R.O. line. Wear it with arm warmers or a base layer while winter thaws, and in a few months, the skin-cooling, UPF 50+ fabric and sweat-proof pocket will come in handy for summer. —JENÉ SHAW



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# TRAIN SLOWER TO RACE FASTER

Follow the 80/20 rule for new performance gains. **BY MACKENZIE LOBBY HAVEY**

## TO GET TO THE FINISH LINE THE FASTEST

you have to power through at your hardest effort, but when it comes to training, a growing body of research confirms that endurance athletes should be doing 80 percent of their training at a low intensity and the other 20 percent at a moderate or high intensity. Simply put, hammering your way through every workout is ill advised.

The latest of these studies, published in the *Journal of Sports Physiology and Performance*, demonstrated this by rounding up a group of recreational runners who ran between 30 and 43 miles per week. Half of the participants followed the 80/20 rule, while the other half ran at middle- to

high-intensity paces for the majority of their training. At the end of the 10-week training period, researchers found that the 80/20 group made greater improvements in their 10K times, finishing a time trial an average of 41 seconds faster.

Another study examined three elite Canadian marathoners and discovered that they completed 74.3 percent of their training at low intensities. Other research found that highly trained cross-country skiers trained at a low intensity 75 percent of the time.

Stephen Seiler, an exercise scientist at the University of Agder in Norway, has extensively studied this approach to training across a wide range

## HOW INTENSE?

To gauge when you might need to pull back on the reins intensity-wise, Fitzgerald recommends paying attention to feedback like heart rate, perceived exertion, pace and power output. The ventilatory threshold (where your breathing goes from comfortable to increasingly deep or rapid) marks the border between low- and moderate-intensity work. It usually falls around 77 percent of maximum heart rate in trained athletes, so if you're using a heart rate monitor, that offers an appropriate guide for intensity.

This is all to say that 20 percent of your training should still be devoted to harder efforts. To determine how to break down that 20 percent, Fitzgerald says, "If you're preparing for a sprint- or Olympic-distance race, most of it should go into the high-intensity bucket, but if it's a longer race, at least half of it should go into the moderate-intensity bucket."

"High-intensity training is absolutely still important for optimizing adaptations, but relatively little goes a long way, and more is not better," adds Seiler. Many of us are unnecessarily taxing our bodies when we should be taking it easy. While it seems counterintuitive in a sport that emphasizes reaching the finish line fastest, in the long run you'll see results when you properly polarize your training."

of endurance athletes. He explains the 80/20 rule, saying, "Training is about integrating intensity and accumulated duration—we think an important advantage of doing more low-intensity training is that we signal adaptations without incurring too much systemic stress."

Seiler calls this "flying under the radar," meaning that low-intensity training allows an athlete to gain fitness without overstressing the parasympathetic nervous system. "If you do too much high-intensity training, your body simply won't be able to absorb all that stress and turn it into fitness," explains Matt Fitzgerald, author of the new book, *80/20 Running: Run Stronger and Race Faster by Training Slower*. "Instead, you will accumulate a burden of chronic fatigue that you carry into all of your workouts, compromising your performance and further limiting the benefit that you get from your training."

Perhaps most interestingly, the research suggests that the 80/20 rule applies to elites and weekend warriors alike. "For an elite athlete training 1,000 hours a year, this is absolutely critical and a very commonly observed characteristic of the best," Seiler says. "For recreational athletes training three times a week, research findings and anecdotal evidence suggest that the most common training error people make is a regression toward the middle 'pretty hard' intensity regimen that the body quickly adapts to and then stagnates thereafter."

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# RACE WARM-UP DO'S AND DON'TS

The right way to approach a pre-race run routine **BY BETHANY RUTLEDGE**

WE'VE ALL SEEN TRIATHLETES PERFORM INTERESTING or just plain weird warm-up routines before a race. Which ones work and which ones are a waste of time or—worse—could cause an injury? “Pre-race warm-ups are a necessity for all but can be different for each athlete,” says Josh Glass, a board-certified chiropractic sports practitioner and sports medicine representative for USA Track and Field. When the open water isn’t accessible and you’re not allowed to take your bike out of transition, your best bet is a pre-race run. Glass advises on some do’s and don’ts for standalone running races and triathlons.

## DON'T DO THIS

**1. COLD STRETCHING** To reduce the risk of injury, you should always stretch only after getting some blood flow to muscles and thus increase the mobility.

**2. AEROBICS MOVES** Some running races kick off with energetic aerobics instructors leading a ballistic routine of jumps and stretches. Instead of joining in on the calisthenics, enjoy watching everyone else while you do your own tamer warm-up.

**3. ANYTHING YOU HAVEN'T TRIED BEFORE** You might see fast and confident-looking runners doing all kinds of dynamic moves and be tempted to copy their routine. That may very well be the proper warm-up for them, but skip it if you’ve never tried it before.

## DO THIS

Practice this general routine below before a tough workout so you’ll be prepped when the big day arrives. Glass outlines the perfect warm-up to use at a standalone running race (or a triathlon) below:

► Start with an easy jog to warm up followed by some active stretches of the leg muscles.  
► Next, do some dynamic exercises and drills to get specific muscles ready for racing, such as walking lunges, high knees, butt kicks, and A and B skips. Always do a few strides as well. Controlled sprints help remind your body of good biomechanics and elevate your heart rate.

Practice this routine before a few workouts so you know how much time to give yourself before a race, and always allow an extra 15 minutes to avoid any late, stressful situations.

## LEAN IN

This simple change to your stride could help combat knee injuries.

New research offers a stunningly simple solution for one of the most common ailments runners and triathletes face: knee pain. The cure? A forward lean. The study published in the *Journal of Orthopedic and Sports Physical Therapy* measured leg movement and ground reaction forces of athletes demonstrating three different trunk postures while running: slightly leaning forward, upright and self-selected. They found that when runners ran with the least amount of forward lean, they put the greatest stress on their knees.

“A good forward lean shifts your center of mass closer to the pivot point of the knee, decreasing the bending moment at the knee,” explains Steve Gonser, a physical therapist and founder of RunSmartOnline.com. “A lower bending moment requires less quadriceps contraction, which decreases the compressive force between the patella and the trochlea, or groove of the femur.”

To improve your forward lean, you must have awareness for where your body is in space while you’re running. Avoid bending from the waist and sticking your backside out or rounding your shoulders and hunching forward. “To feel your appropriate lean, stand with your knees unlocked,” advises Gonser. “Keeping your spine straight, slightly bring your chest forward as your butt glides backward.”

While this offers the sensation of almost falling forward, it will ensure you’re leaning into your stride the same way the pros do. With any luck, over time this will help ease the stress on your ailing knees and set you up for pain-free running.

—MACKENZIE LOBBY HAVEY



# ACE YOUR PACE

How to approach the first race of the season with realistic performance goals **BY BETHANY RUTLEDGE**

Unless you've been racing or training with a lot of structure through the winter, you probably don't have a confident sense of how to pace your early-season race efforts. Here are some guidelines to help determine appropriate pacing.

► ***Test your baseline and progress.*** If you've been training in a structured way, you've likely already set and trained to your zones. According to Brian Stover, owner of Accelerate 3 Coaching in Tucson, Ariz., you should test regularly every 4–6 weeks to see trends toward improvement.

"Athletes should have one set they repeat and record their times," he says. "For

swimming, it could be an 800 time trial or a series of 300, 400, 500 repeats recording the average pace per 100 through the set. For cycling, it could be a 20K or a series of 10-minute intervals recording the average watts per interval. For the run, do a 5K or a series of 1–2K repeats recording the average time. Over time, you'd hope to (should) see a trend toward faster times."

► ***...then back them up.*** Once you've tested your max output, it's time to set a solid framework to back up those max efforts. As a general rule, Stover says, "the demands of the training should surpass—or at least equal—the demands of the race, you just don't have to do all the sports back to back."

In other words, it's important to note not just the max percentage of effort that you could theoretically do for a given effort, but

the effort that you are actually trained for. If a test set indicates you can run a 20-minute 5K, then you need to have the requisite miles under your belt to do a 20:30 run leg in a sprint. Says Stover, "Your training dictates your pacing in a race. If you have not been running intervals any faster than 5:50 pace, running 5:35s off the bike is a pipe dream."

► ***Check your history.***

For longer efforts especially, one of the most important factors for choosing your race effort is to look at what you've done in the recent past. If your goal race is an Ironman and the hardest 100-mile ride you've done was at an intensity factor of 60 percent, targeting 75 percent during the race is going to set you up for a very long walk. Stover advises to actually look at the data you've generated over the duration(s) you're expected to race and stay within a reasonable number of watts similar to that.

► ***Keep it simple.***

Finally, be sure to keep things simple. Don't get too caught up in the perfect test. For a sprint or an Olympic distance, sometimes the best test is just doing the race itself.



# WORD PLAY

Motivational messages scrawled on spectator signs aren't just kind (and often funny) gestures—positive cues may get you to the finish line faster. **BY MACKENZIE LOBBY HAVEY**

ACCORDING TO NEW RESEARCH, THE FANS holding signs and cheering at races may be providing more than just mild amusement for athletes. The study published in *Frontiers in Human Neuroscience* had a group of participants ride exercise bikes while being shown subliminal visual cues on a screen. These cues included sad and happy faces and inaction and action words, like "go" and "energy." What they found was that the participants who were

shown happy faces and action words were able to bike longer than those who were shown the more negative set of visual cues. Given that the run comes at the end of a triathlon—when you're most fatigued and in need of motivation—positive signs on the run course arguably have the biggest impact.

This research highlights the significant role a positive mindset plays when it comes to physical performance. Whether you

## Mantra motivation

Post some of these trigger words on the wall of your home gym, suggest them to your crew of spectators or commit them to memory to get an extra boost.



get a boost from an inspirational message scrawled across a sign, song lyrics being blasted out of a boom box, or motivational thoughts running through your head, perspective can make or break a race.

"Athletes can use positive self-talk to combat the negative effects of negative self-talk," says Patrick Hammond, a New York City-based coach with a master's in sports and performance psychology. "Such encouragement can come from both internal and external sources."

Hammond suggests pinpointing what exactly motivates you in training so the self-talk you draw upon or the inspirational messages friends, family and coaches communicate is familiar and helpful. When deployed properly, "trigger words" can be especially effective in helping to bolster positive thinking during particularly tough moments of a race.

"Trigger words allow coaches, fans, and the athletes themselves to communicate clear messages and trigger positive self-talk," he explains, suggesting to keep these phrases short and sweet. The signs at left are good examples of trigger words that are simple enough to remember in the midst of competition, but still pack plenty of punch when it comes to motivation.

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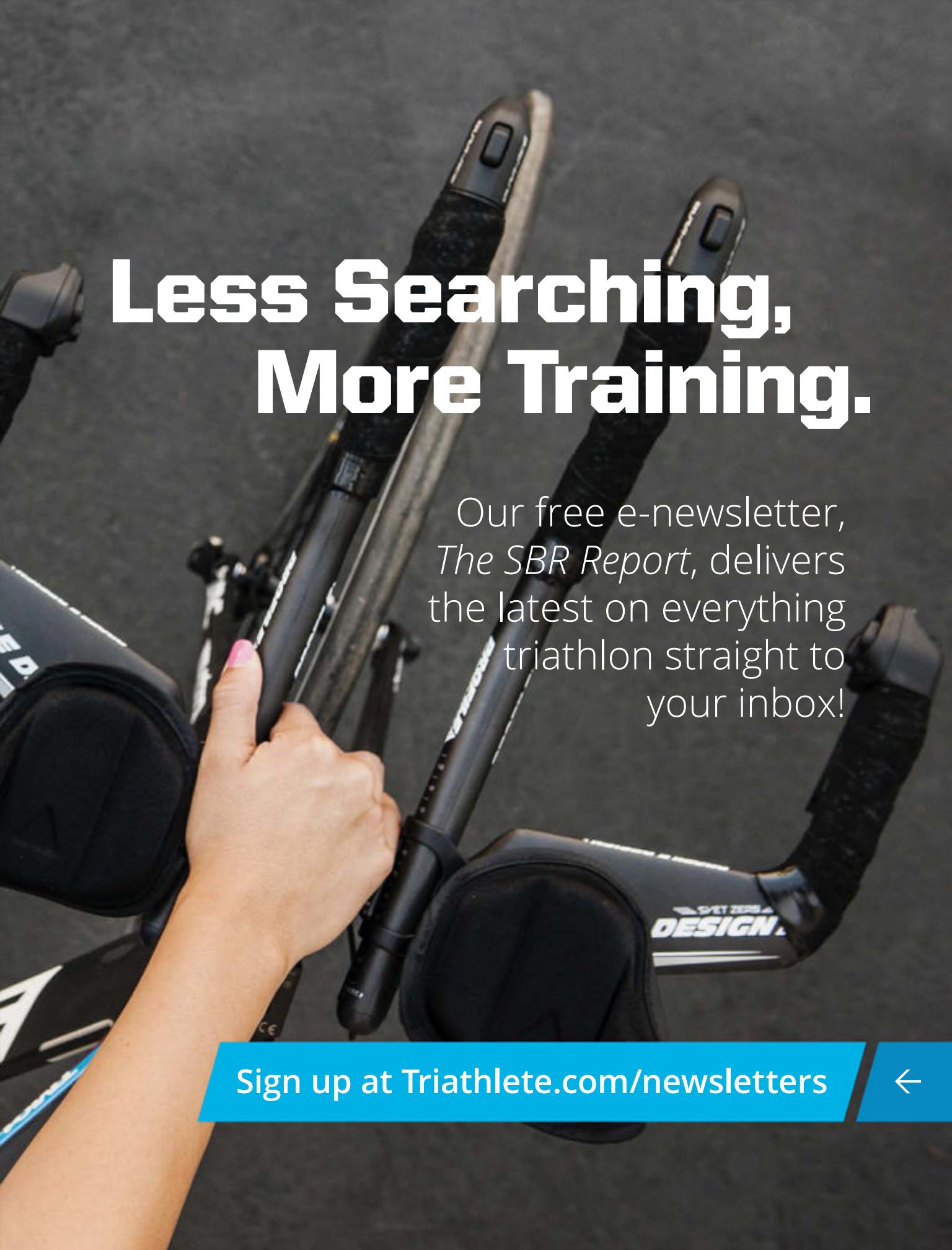
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# TRAIN *the Mark Allen way*

Lessons from a triathlon legend for reaching new levels of endurance, speed and happiness in the sport

Mark Allen is just like us. If “us” is anyone who’s ever observed the Hawaii Ironman finish line—either in person or on TV—and been instantly beguiled by the prospect of becoming one of those finishers. “Ordinary people were crossing that extraordinary finish line, and I thought, ‘I want to go there and see if I can do that,’” recalls Allen.

He’d never done any formal run training, and his cycling had simply been a practical mode of getting between school and home (he was, however, an All-American swimmer at the University of California, San Diego). Allen embarked on a “six-month crash course on getting ready for Kona,” and started the 1982 world championship but dropped out before the finish. He knew the distance—not to mention the extreme Hawaii conditions—would take some troubleshooting, and Allen spent his first six years in Kona trying to crack the Ironman code before winning his first of six world titles in 1989, the year of his famous “Iron War” with Dave Scott. Today, Allen uses his years of racing experience (not just in Ironman—he also won the Olympic-distance ITU World Championship in ’89) and expansive knowledge to guide other triathletes successfully to the finish line of any triathlon, from Kona to a local sprint.

“I love helping age-groupers because there’s usually just one thing they’re not doing right, and you correct that and their performance just skyrockets,” says Allen, who coaches amateurs and a few pros including American Timothy O’Donnell (and formerly cover athlete Angela Naeth), through [Markallencoaching.com](http://Markallencoaching.com).

Allen says there are three “competencies” that contribute to the kind of race day where everything comes together and you’re firing on all cylinders: the physical training, nutrition and mental outlook.

What makes a great triathlon performance?





**By Julia Beeson Polloreno**



## PREPARING THE BODY

Allen believes in training athletes in a way that allows them to approach race day as if it were "just a normal day" of hard training so that anxiety or stress is minimized. Key to this process is taking the body to its limit repeatedly—but methodically—in training so that on race day the body is familiar with the effort and can push through to new levels of performance.

"My whole strategy is helping people reset the gauge of what fast is or what long might be or what steep is so that on race day the response is, 'Oh, I've done this before,'" explains Allen. "Especially for an Ironman, one of the biggest keys is keeping the day feeling as low-stress as possible. You're able to keep your aerobic metabolism going—you don't switch over to burning 100 percent carbohydrate because you're totally stressed out. Once you do that, you run out of gas."

Depending on the race distance, Allen has his athletes incorporate long training days to get the body used to moving for an appropriate period of time. For Ironman prep, he says there is a three-hour physiological barrier that you have to teach your body to push through in training. "When you hit three hours, you kind of feel rotten for a little bit, and then 15–20 minutes past that you start to come back," he says. The same happens at around six hours, and you have to train your body to recognize the response and forge through it. For Ironman, Allen says the training plan should include a handful of training days that are going to have you moving for more than six hours. "It can be all on the bike or a combination of swim,

**"Especially for an Ironman, one of the biggest keys is keeping the day feeling as low-stress as possible. You're able to keep your aerobic metabolism going—you don't switch over to burning 100 percent carbohydrate because you're totally stressed out. Once you do that, you run out of gas."**

bike, run," he explains. "It's more just getting your body to move for a certain number of hours."

Allen also emphasizes the value of knowing the race course: What's the profile? Are there hills or key climbs on the bike? "In training you want to be climbing on hills that are steeper and/or longer than those you'll encounter in the race so when you're in the event, your body responds with, 'This is a climb and it's hard and long,' but it knows that you've done something steeper and longer so it keeps your perception for how hard it is to a minimum," he says. The same idea applies to race pace. Allen has his athletes doing speedwork—fartleks on the track and intervals on the bike—for Ironman prep. "I get the question a lot: 'Why do I need to run quarter-miles at a 5:30-mile pace when in Ironman I'm going to be lucky if I can hold 8-minute mile pace?' Part of it is physiological—you have to build your aerobic base, and if you use smart speedwork it helps raise your  $VO_{2\text{max}}$ , and when you do that it raises all of your fitness markers, including your aerobic capacity and fat-burning capacity. And it makes it so when you are in the race and you're running or cycling at a much slower pace than you did in your intervals, your body knows it's nowhere near what you know you can do. It's resetting your gauge of what 'hard' is."

Allen divides the buildup to a goal race into phases. For example, if someone has 12 weeks to get ready for an Ironman, the first third or the first half will be all aerobic work, or base building (depending on the person's age, as Allen says the older you are, the more benefit you'll get out of doing more aerobic training as opposed to speedwork). His athlete may do a running race or something occasional, but nothing consistently hard. Then, he'll introduce speedwork, but cautions against too many anaerobic efforts in a single week. "I see people doing anaerobic stuff five, six times a week—you'll get fitness gains initially but eventually you'll start to break down and risk injury," he warns. "You actually start to erode your aerobic capacity, your capacity to utilize fat for fuel. If you're doing Ironman, that's what is going to help you have a great race: if you can utilize fat for fuel. Most people can't handle more than one anaerobic session per sport per week."

In addition to hard intervals, Allen says you have to do strength work if you're going to maximize your results. "The strength work gives you more lean muscle to draw from, and that's especially important in Ironman because in the marathon when you start to get muscle breakdown and you reach a point where all of a sudden the survival mechanisms in your body start to tell you that you should slow down, that you should quit, if you have put on a little extra lean muscle, in your legs especially, you can push that critical breakdown point to later in the race or you can avoid it completely," he explains.

According to Allen, strength work for an endurance athlete should be reps that challenge the

muscles in new ways and help build a strong foundation (read: not a weight-lifting contest). “I like to build strength in a functional way,” he says. “For example, if you do a squat, you can get the bar on your shoulders and can do a really heavy weight of 12 reps. However, if you do a step-up on a plyometric bench, one leg at a time while you’re carrying weight, you might find that you can’t do it with only 50 pounds on one leg because your platform and your movement isn’t stable. Most triathletes could benefit from developing the core muscles that stabilize their platform, their midsection correctly. Once you have that, you can start to load up the weight.”

When it comes to tapering for a long-distance triathlon, Allen says that the body is best primed for an optimal race-day effort after a strong build with four weeks of gradually cutting back. He says a lot of athletes either shut it down too early so that the body is entering a deep recovery mode too soon, or not giving themselves a sufficient taper window. One specific timing guideline: “Two weeks [of taper] is the worst you can do,” he says, asserting that it doesn’t have your fitness peaking at the right time.

## FUELING RIGHT

The toughest part of an Ironman race—or any triathlon? It’s nailing your fueling strategy, says Allen. “The nutrition is still the least developed part of Ironman racing,” he asserts.

Allen holds two major tenets when it comes to race nutrition. The first is that, for most people, the best way to get your fuel is in liquid form. “It’s hard to chew when you’re racing, and it’s even harder for your body to break down something that’s solid,” he says. “If your calories are in a really simple form, your body doesn’t have to do as much work to get it into the bloodstream and working muscles.” And the longer your nutrition is sitting in your gut, the more likely you’ll experience GI distress. “There are some products that I’ve seen recently that seem to have found the right kind of carbohydrate source that gets a bunch of calories in without causing backup or nausea. First Endurance may have finally hit it.”

You not only have to try to keep your calorie tank full (Allen suggests shooting for 300–350 calories an hour), but you should also make sure you’re getting a combo of calorie/carbohydrate sources. Allen emphasizes the widely held sports nutrition belief that absorption of your fuel works best when you consume both quick-burning and slow-burning carbohydrate sources—for example, 300 calories of just glucose won’t be readily utilized as effectively as a combo of glucose and maltodextrin.

Whatever drink or energy source you decide on, Allen stresses the importance of using it consistently in your training, in conditions similar to race day. “If you don’t really care what you take in, find out

## CYCLING with POWER

Power is a useful training metric, says Allen, but instead of just collecting bragging rights for how many watts you pushed, power output has to be gauged against heart rate to be truly meaningful. “Say you’re doing your long ride and you’re pushing 200 watts on average and then a month from now you’re pushing 225,” starts Allen. “If all you know is what your watts were, you don’t know if you got those extra 25 watts because you’re more fit or because you just went harder. The best way to use power is to gauge it against heart rate. You set your target heart rate—say you’re 40 years old and want to hold around 140 [heart rate] for your long ride and you’re hitting 200 watts, and then a month later you’re hitting 225 watts. That shows you pure fitness gain—at the same heart rate, you’re able to go faster. That’s the goal. It’s the same as gauging your run pace at a given heart rate. That’s useful information.”

what’s going to be on the course and train with that,” he advises.

Another essential piece of the nutritional puzzle is electrolyte balance. According to Allen, you can absorb between 30 and 40 ounces of fluid per hour, and the average person needs about 350 milligrams of sodium to be replaced per hour (those numbers will increase in a hot race environment, or in accordance with an extreme sweat rate). He highly recommends having a source of sodium in your race nutrition plan. “If you’re going along and you’re eating and drinking and feeling like your energy is not coming back or you’re having a hard time concentrating, you’re probably getting low on sodium,” he says. “You’ll just start to feel dull. If you’re in that position, take some sodium then and there. Within a minute you’ll start to feel better if that’s what you’re low on. Play with it in training and track what you take in. If you stop at a 7-Eleven on a ride and go straight for the bag of ranch Doritos, you’re craving salt and not getting enough.”

## TRAINING YOUR BRAIN

Triathletes often put in months of disciplined swim, bike and run training, only to have their race fall apart because they failed to give the psychological challenges of race day much thought. “A lot of the reason you train is to train your mind so that you get good at enduring and sticking with it when you don’t feel your best,” says Allen. “This is something you can practice in every single training session—it’s not something to wait until race day to figure out how to do.”

The ultimate goal is to learn how to quiet the mind so that when you can’t come up with anything positive to think about when things go south (and they inevitably do at some point in the day) you have the mental control to shut off the internal chatter.

“The chatter comes when all of a sudden the outcome you’re trying to achieve feels like it’s way out of reach—completely impossible,” Allen explains. “Things don’t feel worth it, and everything starts to hurt and feel tight and you’re thinking, ‘What am I doing here? I didn’t train right. I don’t feel good.’ Really those are just moments that are begging you to take a breath. When you’re out training and that chatter is going on, take a breath and let it go,” he says. “It’s one very simple technique. And then five minutes later when it starts again you do it again. And you do it again, and again.”

Another important thing to realize, Allen says, is that in the toughest moments of a race, it’s almost impossible to find a positive thought, and even if you do tell yourself something positive, you’re probably not going to believe it. “I find it much more powerful to practice getting into that quiet place where you really don’t have any thought,” he explains. “You’re aware and alert and responding to what’s going on, but you’re not assessing or judging it. Your

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legs still hurt, you still have blisters, and that person that you thought you should've caught is still ahead of you—whatever it is—and there's way too many miles to go and you don't think you can make it, but at least you're engaged in that moment. If you just take it moment by moment, something comes down that gives you a hope or realization that no matter how it turns out, it's great because of what you just made it through—because that was tough. That's a success. Then you're able to really go beyond your 'ordinary' and be in that extraordinary space. But you'll never get to that extraordinary space by trying or by thinking your way to it. Or by pumping yourself up and convincing yourself that it's worthwhile—it has to come from inside, from that quiet place."

While many athletes use visualization techniques to get them through rough patches in a race, Allen says that the greatest benefit of the technique can be gleaned pre-race. "It's good to go through the race in your mind and figure out all the points that could derail you and what your workaround is going to be should those things come up," he says. "I used to do that. I'd go through the swim and the bike and run and feel a point where there was a resistance or thought of 'I don't know what I would do if this happens.' Tell yourself that no matter what it is, you're going to deal with it as calmly and steadily as you possibly can."

In the Mark Allen playbook, another important caveat to a well-rounded mental game is gratitude. When he was racing at the highest level, Allen studied shamanism, and one of the main goals of that tradition is to feel gratitude for your life. "It may sound silly, but just like practicing swimming, biking and running, it's good to practice having gratitude—to be alive, to even have these types of dreams ... to feel gratitude that you have a body that can move, and you can be outside doing these things in nature every day," he says. "And then when I was in the race it was so much easier, no matter how hard things were, to be grateful that I was out there. I put myself there. Nobody brought me to the start line in handcuffs. This is what I chose to do. Be grateful for it." ■



**"If you just take it moment by moment, something comes down that gives you a hope or realization that no matter how it turns out, it's great because of what you just made it through—because that was tough. That's a success."**

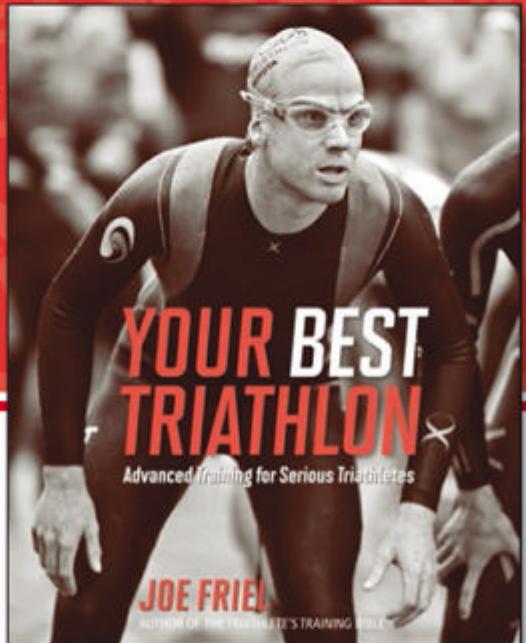
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# CAPITAL LEADER

PENNY PRITZKER  
JUGGLES HER  
HIGH-POWERED JOB  
IN WASHINGTON  
WITH A PIONEERING  
PASSION FOR  
MULTISPORT.





**BY KENDRA GOFFREDO**

PHOTOGRAPHS BY STEPHEN VOSS

# W

HEN PRESIDENT OBAMA APPOINTED HER UNITED STATES SECRETARY OF COMMERCE, PENNY PRITZKER WAS ONLY ONE OF A FEW WOMEN TO EVER HOLD THAT CABINET POSITION. BUT WITH MORE THAN 27 YEARS OF LARGE BUSINESS LEADERSHIP AND A SUCCESSFUL TRACK RECORD OF ENTREPRENEURSHIP, SHE WAS A NATURAL CANDIDATE FOR THE JOB. AS WITH THIS APPOINTMENT, SECRETARY PRITZKER HAS MADE A PRACTICE OF REIMAGINING PERSONAL POTENTIAL.

Born in 1959, Pritzker came of age before many high schools had women's athletic teams. Indeed, her school did not. Her solution? Train and race with the nearby boys' school's track and cross-country teams.

As an undergraduate economics student at Harvard University, Pritzker continued to run. But it wasn't until she was in the thick of graduate work at Stanford University, simultaneously pursuing her MBA and her law degree, that she returned to racing. During a jam-packed first year of graduate school, when most would have found it impossible to train, she found a team instead of an excuse. With them, she logged many miles on the way to her first marathon, the 1983 Avenue of the Giants in Humboldt County, Calif.

That was around the time that Pritzker learned from one of her marathon mates about the fledgling sport of triathlon. In 1984, the year that Pritzker competed in her first Olympic-distance triathlon in California, 150 women crossed the finish line at the Ironman World Championship. One year later, she would follow suit. In her first race of 140.6 miles and without access to modern racing technology (e.g., a carbon fiber TT bike, power meter, aero helmet), Pritzker clocked a time of 12:59:43, just sneaking under the 13-hour mark.

In the nearly 30 years since then, triathlon has remained an important part of Pritzker's life. In the early stages of courtship, Pritzker and her future husband, fellow triathlete Dr. Bryan Traubert, "got to know each other running." A typical date consisted of a run, dinner and a movie. They still race triathlons together. "Well," Pritzker clarifies, "we're on the starting line together. He's much faster than I am."

Just as they pursued athletic goals together, Pritzker and her husband are helping their native Chicago rise above one of the great hurdles of the 21st century: the childhood obesity epidemic. They focus much of the Pritzker Traubert Family Foundation's efforts on increasing youth access to physical activity. The couple also founded ChicagoRun,



## MAKING TIME TO TRAIN

So how does Pritzker, a wife, mother of two, a philanthropic leader, and the secretary of commerce in the world's largest economy, find space in her day to train? Her top three tips:

### 1. Work out in the morning.

Secretary Pritzker knows all too well that one can't predict what the day will bring. "There is no guarantee that you will have the time at night," she says. Instead, schedule your exercise time for the morning.

### 2. Have a plan.

Before you go to sleep, know if you are going to swim, bike or run the next day and what that workout will entail. With a plan, she says, "you know what you are trying to fit into your schedule" and can plan your busy day accordingly.

### 3. Buddy up.

Whenever possible, Pritzker says, it is "helpful to have a workout buddy." Sometimes she too needs the extra motivation.



2014 St. Anthony's Triathlon

an innovative program that instills in elementary children the healthy practice of jogging and prepares middle school students to run their first 5K. Thanks to ChicagoRun, more than 13,000 Chicago-area students, many of whom live below the poverty line, now include physical activity as part of their

daily routines. In 2012, Pritzker and her husband established the Take the Field program with a \$5 million grant and a call for more private investment in health outcomes for the city's youth. As a result of their initiative, they helped to bring 11 state-of-the-art artificial turf fields to a geographically diverse set of Chicago parks, thereby increasing access to sport for more of Chicago's kids. Pritzker explains, "I am a big believer that [fitness] is good for everybody."

Indeed, Pritzker also supports the athletic pursuits of even the busiest members of her staff. "We at the Department of Commerce," she explains, "promote a healthy lifestyle." With her encouragement, a number of her staff ran the Nike Women's Half Marathon together. They joined the ranks of the other decorated marathoners, ultra-marathoners and Ironman finishers on her team.

Perhaps most impressive of all, Pritzker leads her Washington staff and Chicago-based fitness initiatives by example. Decades after her Kona debut, and even after her acceptance of one of the nation's most demanding appointments, she continues to compete and podium in road races and triathlons alike. With a daily dose of exercise, she faces the complex challenges typical only to a member of the president's cabinet.

"There's nothing that a 45-minute run can't fix," she reasons. ■

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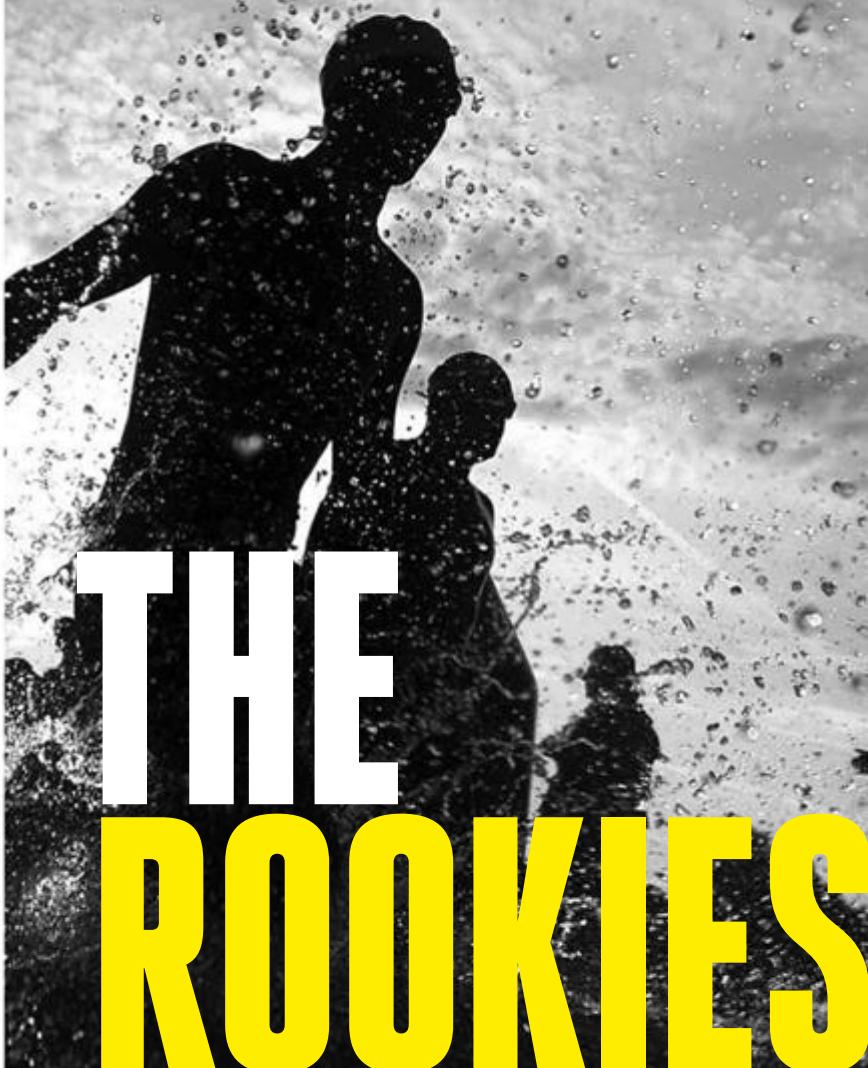
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In 2014, 108 American triathletes “turned pro,” joining the ranks of the more than 2,000 current professional triathletes worldwide (as estimated by USA Triathlon).

After placing in the top percentile of certain triathlon races, athletes are offered an opportunity to take a “pro card,” industry slang for a USA Triathlon Elite License. The designation allows triathletes to race at the highest level of the sport for professional prize purses.

Though pro triathletes have long arrived from varying backgrounds, the 2014 rookie class was particularly diverse, touting young phenoms, collegiate stars and weekend warriors. Some had been racing triathlon for years before earning elite designation; others, mere months. One thing all new pros experienced, however, was a huge shift in training philosophies, resources and expectations.



# THE ROOKIES

*First-year pros of the sport share the good, the bad and the ugly.*

**BY SUSAN LACKE**

# YOUNG GUN

## THOUGH JASON WEST DENIES ANY GENETIC PREDISPOSITION TO ATHLETICS, HE WAS BORN WITH THE

tenacity found in so many triathletes: "When I was a teenager, my mom wanted to do a 5K race as a family. My dad and I, with our usual all-or-nothing attitude, thought it would be too easy, so we did a triathlon. We trained together for three weeks on mountain bikes, with no idea what we were doing. Race day was incredibly difficult, but I fell in love with the challenge."

Within a few years, West's overachieving nature helped him climb to the top of the podium at most of his races. Though experiencing great success as an age-grouper, West was hesitant when USA Triathlon notified him of his eligibility for elite status.

"When deciding to take my pro card, I wanted to make sure I wasn't rushing into it. I think a big mistake a lot of people make is taking it just because they qualified, when really they aren't ready. I think the most important question to ask yourself is, 'Can I be competitive in a solid professional field?'"

In his first year as a professional, the 21-year-old West had to rein in his overachieving nature: "The biggest mistake I made in my first year was thinking I needed to train like the best guys out there. I drove myself into the ground, and the lesson slapped me in the face. I can only train so hard. There is nothing wrong with that, and I need to do what my body can handle."

### *Rookie advice:*

"Make sure you are ready. You will never regret taking extra time to develop, but you can easily regret turning pro too soon."



# HOT SHOT

## MOST 33-YEAR-OLDS SETTLE INTO STABLE CAREERS AND PREDICTABLE ROUTINES. BUT ANDREW DROBECK

is not most 33-year-olds. In 2004, Drobeck took up running as a way to maintain his fitness for his work on his Hotshot crew, a specialized firefighting unit trained to battle wildfires. His success within his firefighting career earned him

a coveted spot on the Missoula Fire Department, allowing him the time and salary to pursue endurance sports.

"Initially, doing a triathlon was a bucket-list thing," he says. "When I did my first triathlon, I was pretty close to last out of the water but ended up finishing decently for a local race."

Drobeck jumped to the front of the amateur ranks fairly quickly, consistently beating other amateurs by large gaps. "Some people would come up to me after races, kind of pissed off as to why I was racing amateur when I was placing among the pros. In my mind, though, I was a firefighter. I didn't want to make a career out of triathlon. I just like training and racing as fast as possible."

But as Drobeck continued to improve as a triathlete, he found himself longing for a challenge. "It's pretty hard to push yourself when you're 15 minutes ahead of the next guy 24 miles into the marathon of an Ironman," Drobeck says. "Other pros explained to me that having your pro card doesn't mean a guy has to quit his job, go all in, and try to make a living doing triathlon. It's just an elite division where the fastest guys are competing against each other."

Drobeck says his training has not changed at all since taking his pro card—he still works full-time as a firefighter, utilizing the same amount of free time to train as before. One perk of pro racing, however, makes Drobeck smile: "I have more fancy gear."

### Rookie advice:

"Don't take your pro card just so you can tell your friends and family you are a pro triathlete. Ego should not drive the decision to turn pro."





# DESTINED FOR MULTISPORT

**"I KNEW PROFESSIONAL RACING WAS SOMETHING I WANTED TO PURSUE AFTER MY FIRST TRIATHLON IN 2012," SAYS 24-YEAR-OLD ERIN DOLAN, A COLLEGIATE**

national champion in distance swimming for Drury University. After four years of NCAA eligibility in swimming expired, Dolan took a graduate school scholarship to run for Drury's cross-country and track teams. After one year, she decided to follow her triathlon passions, moving up to elite status and training with USA Triathlon's Collegiate Recruitment Program (CRP), a talent identification and development initiative.

As a student-athlete, Dolan could comfortably find her way to victory; as an elite triathlete, she has to fight on a daily basis. The sheer talent of the athletes in the CRP, combined with an inherent passion for the sport, has proven to be the perfect setting for the competitive rookie.

"American women are extremely strong in triathlon," Dolan says. "These girls are the best of the best, and no matter how much I have improved over the last year, I realize I have to keep working hard and continue to improve in order to keep up."

## Rookie advice:

"No matter how good you think you are, there are always people chasing you."

*What veteran pros wish someone had told them in their first year*

**TREVOR WURTELE:** Coming from a non-swim background, I wish I had known that a 20K swim week was not a big swim week. Not only was I limiting my improvement in the water, but I wasn't fit enough out of the water to ride and run fast either. I figured that out four years ago and have slowly made improvements.

**MEREDITH KESSLER:** If you have a decent race, it's a misnomer that sponsors will automatically call and sign you to a contract. Treat your pro triathlete career like a business where you have to be the sales, marketing, human resources, travel agent and blue-collar worker for your entity; constantly network, update your résumé and sell yourself at every opportunity just like you would in a job interview.

**MATT LIETO:** Burnout can be high the first year if expectations don't match ability. There is no such thing as race-day fairy dust—match your expectations with what you can do in training and set your goals accordingly.

**MIRINDA CARFRAE:** Plan out your season early in the year and be sure to include breaks. Five-day or week-long breaks after big races or training blocks allow your body to absorb the work you have done. They are also great for the mind, keeping you engaged and motivated for your next goal.

**JORDAN RAPP:** Be true to yourself. Whenever I've made bad decisions, it's because I stopped thinking in ways that meshed with who I was/am. That's true both on and off the race course.

# FROM 9-TO-5 TO 140.6

FOR SEVERAL YEARS, ALYSSA GODESKY LIVED A DOUBLE LIFE: DURING THE WORK DAY, SHE

analyzed data and crunched numbers; on weekends, she dominated age-group fields at triathlons around the United States. In spite of qualifying for elite status multiple times, the decision to quit her corporate job for a triathlon career wasn't made until 2014, when Godesky felt confident her performance was within reach of winning prize purses in a professional field.

Though the rookie took home several cash awards in 2014, including one for an overall win at Beach2Battleship, she also faced fewer opportunities to compete for a paycheck than originally anticipated.

"In one year, I saw professional prize money disappear from Rev3 races, and Ironman consolidated their professional schedule to one which takes away chances pros have at winning some cash," says Godesky, 29, referring to the elimination of professional prize purses at nine Ironman races and 11 half-Ironman races. "None of this was great news when I started my career. The year was full of ups and downs—I've embraced them equally for what they've taught me."

#### *Rookie advice:*

"It is amazing how many more eyes are truly on you. Suddenly, before a race people are predicting how you'll do—and then putting their opinions on blogs or forums or social media! Keep your blinders on and surround yourself with people you trust."



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# IN GOOD TASTE

Three thirst-quenching sports drinks with refreshingly light flavor profiles

BY BETHANY LEACH MAVIS

## HERBALIFE 24 PROLONG

While this drink is much higher on the calorie scale than the other two drinks in this review, the Subtle Lemon flavor has a surprisingly light taste. This drink is designed for long, intense workouts when an athlete would like to get all of his nutrition out of a bottle without any heavy, too-sweet flavoring. Each serving contains 250 calories, 5 grams of protein (to keep you sated), 58 grams of carbs, 500 milligrams of sodium and 250 milligrams of potassium. The drink is also high in B vitamins (to help metabolize the carbs) and vitamin C, an antioxidant. **\$48.60 for 15-serving tub, [Herbalife.com](http://Herbalife.com) to find a distributor**

## GU BREW

The newly formulated GU Brew electrolyte drink prioritizes electrolyte content, as it only has 70 calories and 18 grams of carbs per serving from a 1-to-1 ratio of simple to complex carbohydrate. The lower sugar content gives its six flavors an extremely mild taste—flavors range from lemon tea and blueberry pomegranate to tester favorite watermelon. Each has a subtle flavor and no aftertaste. It's also sold in a Tastefully Nude flavor, which can be mixed into any drink for an electrolyte boost (250 milligrams of sodium and 30 milligrams of potassium per serving) and carbs. **\$18 for 24-serving canister, [Guenergy.com](http://Guenergy.com)**

## SKRATCH LABS EXERCISE HYDRATION MIX

The first caffeinated flavor to come out of Boulder, Colo.-based Skratch Labs is made with matcha green tea (for a natural source of caffeine), lemon oil and lemon juice. Skratch's Exercise Hydration Mix led the way in the high-electrolyte/low-carbohydrate sports drink trend with its all-natural drinks. Testers loved the completely unique new flavor, as well as its crisp, clean finish. It has a "pleasant tang," said one tester. Each serving has 80 calories, 21 grams of carbohydrate, 360 milligrams of sodium and 40 milligrams of potassium. **\$19.50 for 20-serving bag, [Skratchlabs.com](http://Skratchlabs.com)**



## SOUP'S ON

**This chilled soup will satisfy a snack craving in a second, or make the perfect starter to any meal.** Using a blender or food processor, purée until smooth 4 ripe **avocados**, 1 diced **English cucumber**, 1 **Serrano pepper** (seeded and chopped), 4 cups **low-sodium chicken broth**, 1/4 cup **fresh lime juice**, 1/4 cup **light sour cream**, 2 tablespoons (each) freshly chopped **cilantro** and **chives**, 1 teaspoon (each) **sea salt** and freshly cracked **pepper**. Let chill in the fridge for 2–4 hours before serving.

## AVOCADO BROWNIES

**Indulge in amazingly moist and dense brownies.** Better yet, this recipe doesn't require any flour or grains. In a food processor, combine 1 **avocado**, 2 large **brown eggs**, 1 teaspoon **vanilla**, and 1 tablespoon **water**, and transfer to a large bowl. Melt 7 ounces **70% dark chocolate** and gently stir into the avocado mixture. Stir in 1 cup **unsweetened raw cocoa powder**, 1/3 cup **maple sugar**, 1 teaspoon **baking powder**, 1/2 teaspoon **baking soda** and 1/4 teaspoon **salt**. Spread mixture evenly into a square cake pan lined with parchment paper. Bake at 350 degrees for 25 minutes, or until a knife inserted into the center is removed clean. Cool, cut and store in fridge for several days, or in the freezer for several months.



# Four ways to use ... AVOCADO

With its rich, buttery taste and creamy texture, it's no wonder avocado is so popular in dips, on sandwiches and in salads. Avo contains high amounts of the heart-healthy monounsaturated fats that can lower cholesterol, and it's also loaded with potassium, a valuable electrolyte for endurance athletes, as well as vitamins B, C and E. The avocado's high-fiber, low-sugar content makes it the ideal ingredient for health-conscious, flavor-packed cooking. **BY JESSICA CERRA**



## FRUITY SALSAS

**Try adding avocado to any fruit salsa recipe to use as a topper for tacos, grilled fish and chicken.** In a bowl, toss 1 medium (ripe but firm) diced **avocado**, with 1 1/2 cups diced **mango**, **papaya**, **peach**, or **pineapple**, along with 2 tablespoons finely diced red **pepper**, 2 teaspoons finely diced and seeded **Serrano pepper** (optional for spice), 2 tablespoons freshly chopped **cilantro**, juice and zest of 1 **orange**, and a dash of **salt** and **pepper**.

## DRESS IT UP

**Make the most creamy, crave-worthy salad dressing.** In a blender, combine 2 medium, ripe **avocados** with 1/4 cup **fresh lemon juice**, 2 tablespoons **olive oil**, 2 teaspoons **agave**, 1/2 teaspoon **salt**, and 1/4 teaspoon **pepper**. The dressing will be thick, so toss well into salads.



*Jessica Cerra is the owner of Fit Food by Jess, a private chef and catering company in Encinitas, Calif., and the co-founder of Harmony Bar. A former professional Xterra triathlete, Cerra now races for Twenty16 Women's Professional Cycling Team.*

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# EAT TO THRIVE

How healthy is your relationship with food? **BY MARNI SUMBAL, R.D.**

**MOST TRIATHLETES WOULD AGREE** that you can't achieve a performance breakthrough without giving significant attention to your eating behaviors and food choices. Making smart dietary choices—sometimes sacrifices—will help you realize your full athletic potential.

But how do you know if your commitment to racing and training goals is steering your relationship with food in an unhealthy direction? Here are three red flags and how you should address them.

#### **A passion for clean eating has turned into an obsession**

**Telltale signs:** Recently, for non-clinical reasons, you have eliminated food sources or groups titled dairy, sugar, grains, gluten, refined foods, carbs or just “un-natural” in an effort to eat more “clean.” Because you are so passionate about food, much of your time is spent researching, planning, preparing and measuring food and ingredients, and you may even be isolating yourself from others.

**Why it's unhealthy:** Certainly your idea of good and bad foods comes from a performance-oriented place and not because you're seeking out a summer-ready body. However, your diet may be too restrictive and extreme. Eating should enhance your life and should never cause isolation, anxiety or guilt. As an athlete, you need a lot of calories from a varied diet.

**Fix the issue:** It's OK to have good intentions with diet changes, as you want to better understand what foods work best for your body in motion, but extreme

dietary shifts in eating patterns are one of the most common signs that you may benefit from working with a sports-specific dietitian, who can help you create a well-balanced, performance-focused diet. Improvements in any area of life require attention and perhaps some degree of obsession, but when your thoughts and habits are all-consuming and have taken over your life, it's time to re-evaluate your relationship with food.

#### You are blindly chasing a body image

**Telltale signs:** You feel the pressure to be lean because society views lean athletes as strong, fast and powerful. On race day, you compare your body to someone leaner and automatically assume she/he is faster than you.

**Why it's unhealthy:** Even if an athlete appears fit on the outside, it doesn't mean she/he is healthy. Simply shedding body fat is not a given to improved performance nor to optimal health. If you

tion for performance gains, every nutritional change should move you closer to your performance goals without compromising energy or your overall health.

#### You live by strict rules

**Telltale signs:** Perhaps you have found yourself prescribing to a current diet fad, so you follow the strict rules that promise to help you achieve your ideal body. Or maybe you have created your own diet that makes you feel guilty and remorseful when you break a given "rule."

**Why it's unhealthy:** If you are a performance-driven athlete who thrives off structure, guidelines, control and a time frame, keep in mind that rigid, rule-based eating does not take into account your personal needs, your performance goals, your periodized training plan, your lifestyle and your health goals.

**Fix the issue:** Athletes who have a healthy relationship with food know how to eat intuitively. They listen to their own hunger and

***the best way to improve your performance as an athlete is to improve your relationship with your body.***

are seeking body composition changes for performance, your approach should not be through a very severe, restrictive style of eating. Under-fueled athletes are at risk for nutrient deficiencies (e.g., anemia), low energy, chronic fatigue, hormonal imbalances, amenorrhea (females), trouble sleeping, low bone density (osteopenia), mood swings, injuries and burnout.

**Fix the issue:** Your methods for weight loss should never be counterproductive to your initial goal of performing better with your strong and healthy body. The best feature of your well-fueled body is what you can do with your amazing body. When it comes to modifying your diet in order to change body composi-

energy cues. Foods are consumed with a purpose and eating is a pleasurable experience. A diverse selection of food delivers more nutrients to support your immune system and combats training stress on the body. It also prevents burnout from eating the same things all the time and helps you avoid intense food cravings.

The best way to improve your performance as an athlete is to improve your relationship with your body. You may find that when you begin to recognize the good in your athlete-in-training body, you begin to free yourself from food guilt, restriction, perfection and rules and eat in a way that moves you closer to your health and performance goals.



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blender (\$650, [Blendtec.com](http://Blendtec.com)) to not only take advantage of spring's fresh fruits and veggies for smoothies, but also to make your own nut butter, create your own salsa or grind coffee beans. The 100-speed (yes, literally) blender allows you to fine-tune its speed with the swipe of a finger on its touchscreen slider. It also comes with pre-set blend times and speed patterns, specifically calibrated for everything from smoothies and whole juices to ice cream and cleaning. The commercial-quality blender even learns from your usage habits, offering blending tips in direct response to how you use it, and it helps you troubleshoot potential problems in blending.

Added bonuses to make it worth the splurge: It's extremely easy to clean and surprisingly quiet for its 1725 watts of power.

—BETHANY LEACH MAVIS



# CULINARY CURATIVES

Athletes are skipping the over-the-counter meds in favor of natural (and tasty!) anti-inflammatory ingredients.

BY SUSAN LACKE

**IF YOU THINK ALL-NATURAL** treatments are nothing more than snake oil, think again. A growing body of research validates what Mother Nature has been saying all along: Flavorful foods are the original wonder drugs.

With increased evidence of efficacy and safety, the natural medicine movement has exploded in recent years, says Christopher Hobbs, Ph.D., founder of the Institute for Natural Products Research. Today, nearly one-third of Americans favor natural treatments over conventional medicine for many ailments. Athletes have especially taken to herbal treatments for aches and pains instead of using conventional anti-inflammatory medications, which have been linked to ulcers, liver damage and gastrointestinal distress.

Though herbal supplements are widely available in capsule form, it's easy—and tasty—to reap the benefits of anti-inflammatory foods in everyday cooking. These four flavors are great for pleasing the palate and keeping you pain-free.



## turmeric

Turmeric is not just for curry—this bright spice-cabinet staple has been found to pack some serious anti-inflammatory properties. The power comes from a particular chemical compound called curcumin, which reduces muscle and joint pain, Hobbs says.

**TRY IT:** Turmeric's peppery flavor works well with roasted vegetables, especially cauliflower. The spice is also great sprinkled into sautéed greens like kale or rainbow chard.



## ginger

The anti-inflammatory properties of ginger root have been praised for centuries, and science has confirmed the benefits of using this spicy specialty. Buy it fresh in root form in the produce section, or as a dried, fine powder in the spice aisle.



## pineapple

"Proteolytic enzymes, specifically bromelain from pineapple, show strong anti-inflammatory effects," says Hobbs, who cites studies showing bromelain has similar effects on pain as NSAIDs, but with fewer gastrointestinal complications.



## hops

Yes, you read that right—the ingredient that makes your IPA so tasty is also an effective anti-inflammatory. Hops have long been used by clinical herbalists to ease inflammation and infections. "Studies have demonstrated activity of certain hops fractions, called alpha-acids, in inhibiting key pathways in the inflammatory process, making it an excellent choice for treating pain and inflammation," Hobbs says.

**TRY IT:** Though there's no doubt a post-ride beer is delicious, cooking with hops can also add a unique profile to recipes. Try a tablespoon of fresh, finely diced hop flowers in your bruschetta recipe, or use a light dusting of dried, ground hops with lemon on grilled fish.



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# SMART SNACKING

Use your snack attacks to your advantage with the proper choices.

BY LAUREN ANTONUCCI, R.D.

**AS A SPORTS DIETITIAN**, everyday I answer questions about snacking: "Should I be snacking between meals?" or "How much should I eat for my pre-workout snack?" or "What time should my snack(s) be?" You'll be happy to hear that yes, triathletes need snacks! Well-timed snacks help you fuel up before and replenish after workouts 1–2 times per day. Mid-afternoon snacks maintain your energy level and prevent you from becoming too ravenous (and thus making bad choices) at dinner. Snacks also provide you opportunities to fit in all the healthy foods your body craves and needs in order to perform your best. So what should you snack on and when?

## PRE-WORKOUT

Fuel up on carbs before workouts to ensure you have the energy to give your all. Add a little protein before longer workouts and before mid-day workouts.

### SNACKS TO TRY:

- Oatmeal topped with Greek yogurt
- Half of a peanut butter and banana sandwich
- Split pea or pumpkin soup with whole-grain crackers
- Baked sweet potato topped with cinnamon and Greek yogurt

*Lauren Antonucci, R.D., is a board-certified specialist in sports dietetics, three-time Ironman finisher and the founding director of Nutrition Energy in New York City.*

## SNACKS TO TRY:

- Mix pumpkin seeds, raisins, dried blueberries and pecans + 1 Brazil nut
- Combine diced avocado, tomato, cooked soybeans, corn, olive oil, pepper and salt
- Sardines and tomato on whole-grain baguette
- Kale chips, olives and sliced fruit

## ALL-DAY ENERGY

Fueling for the marathon of life—work, errands, time with the kids and workouts squeezed in between—requires intelligent snacking as well. Skipping snacks will leave you drained, hungry and cranky. Over-snacking will leave you sluggish and sleepy. These perfectly balanced snacks include both energizing carbs and protein or fat, and will leave you feeling ready to tackle whatever the world throws at you!

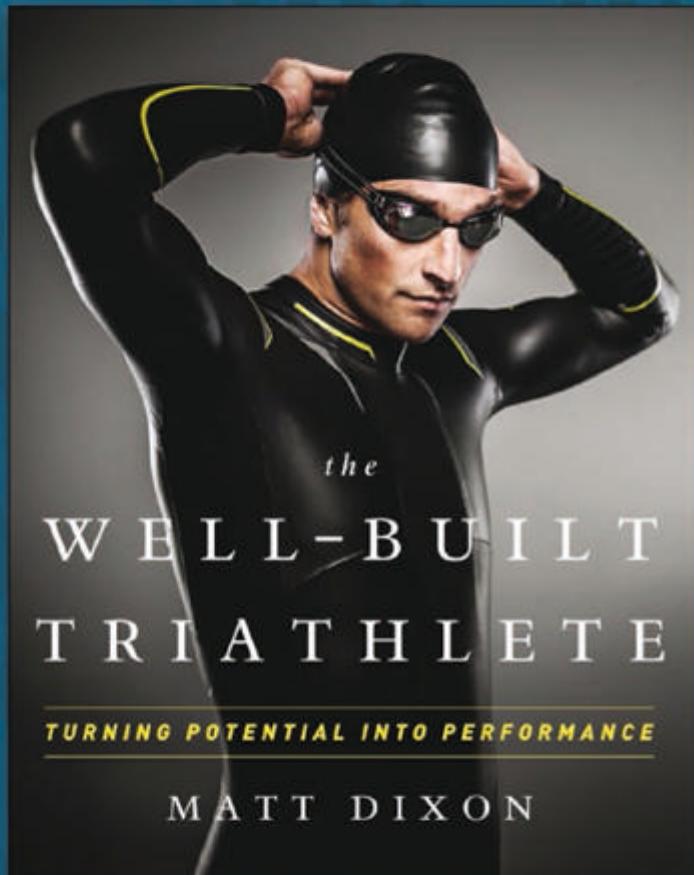
## GENERAL SNACKING

When you are looking to maximize your productivity while also improving your overall health, choose foods high in good fats, antioxidants and fiber, and big on color—and flavor. When you can, reach for super-healthy foods that often get left off of meal-time plates, and be amazed at how great you can really feel all day!

### SNACKS TO TRY:

- Black bean dip on whole-grain crackers
- Goat milk yogurt topped with tart cherries and hemp seeds
- Hummus and raw veggies
- 1 cup Greek yogurt with 1/2 cup pureed pumpkin, 2 tablespoons chia seeds, 1 tablespoon honey

# BETTER BUILT



In *The Well-Built Triathlete*, elite triathlon coach Matt Dixon reveals how he turns age groupers into world champions. By fully integrating recovery, nutrition, and functional strength training into a progressive triathlon program, Dixon prepares triathletes for a career of improving performance.

This is how the pros train, and now Dixon's approach is ready for you.



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# VENISON WITH FARRO SALAD

Lean meat and a zesty vinaigrette highlight this nutrient-rich dish.

## INGREDIENTS

### for toasted farro salad:

- 1 cup cooked farro
- 1 T tarragon, chopped
- 1 T fresh mint, chopped
- 1 T basil, chopped
- 1 T chives, chopped
- 1 cup grilled mushrooms
- 4 T citrus vinaigrette (see recipe below)
- Sea salt, to taste
- Pepper, to taste

### for citrus vinaigrette:

- 1/4 cup red wine vinegar
- 2 T Dijon mustard
- 1 tsp oregano
- 2 cloves garlic, chopped
- 1/2 T sea salt
- 1/4 tsp black pepper
- 1/2 cup olive oil
- 2 T fresh lemon juice
- 1 tsp crushed red pepper flakes

### for venison marinade:

- 2 T reduced sodium soy sauce
- 1 T fresh ginger, minced
- 2 garlic cloves, minced
- 1 T sesame oil
- 1 T lime juice
- 2 T raw honey
- 1 T red rooster sauce (or Sriracha sauce)
- 4 5-ounce portions venison loin

## DIRECTIONS

For the mushrooms, select your best local mushrooms, toss with olive oil, salt and pepper (optional: toss with some of the venison marinade), and grill. To make the toasted farro salad (yields 4 portions), toast farro in olive oil over medium-high heat. When the farro is golden brown, add 2 cups boiling water seasoned with salt. Continue cooking over low heat for about 12 minutes, or until soft. Refrigerate until cool. To make the citrus vinaigrette (yields 1 cup), combine all ingredients in a bowl and mix together. Toss the cooked (and cooled) farro, herbs, grilled mushrooms and citrus vinaigrette together, and season to taste with salt and pepper. Marinate the venison overnight by combining all ingredients in a bag with the venison, shake to combine and store in the refrigerator. Grill venison over medium-high heat until desired doneness (Artley grills it to 145 degrees, or medium-rare). Serve over farro salad.

**cooking tip:**  
Chef Artley likes to reserve a touch of the marinade before adding to the venison and save it to drizzle over the dish after it's sliced and plated.



## MEET THE TRIATHLETE-CHEF

The word "determined" accurately sums up chef Will Artley—not only in his career, but also in his pursuit of a healthy lifestyle (thanks to triathlon, he lost 130 pounds in a year!). His dedication helped him land his current job as the executive chef of Washington, D.C.'s BLT Steak, a high-end steakhouse steps away from the White House. Going in, Artley's résumé was already impressive—he has a master's degree from the Culinary Institute of America, was a guest chef at the White House, and has appeared on Food Network's "Chopped." He's now cooking for the who's who of the political scene (Michelle Obama was a recent patron). He's aiming high in his active pursuits as well with an Ironman, something that seemed impossible just a couple of years ago when he topped out at 360 pounds. "I wouldn't have lived a long life had I not made a change, and I thought, 'what would be the farthest possible thing away that I could physically and mentally do?'" he says. "And that was Ironman." With a strong support team around him—his wife, his brother (a four-time Ironman), friends and team (Team Tri360)—he's completed two half-Ironmans and is signed up for Ironman Maryland. "If you dedicate yourself 100 percent to something, you'll get 100 percent in return," he says.

—BETHANY LEACH MAVIS

■ ARE YOU A TRIATHLETE WHO'S ALSO A CHEF? EMAIL [FUEL@COMPETITORGROUP.COM](mailto:FUEL@COMPETITORGROUP.COM) AND YOU COULD BE FEATURED ON THIS PAGE.

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# PODIUM

rating the most talked-about topics in the world of multisport

FIRST

Hero status: Age-group triathlete Tamara Loiselle made international headlines when she **saved two people from drowning** while she was on vacation in Cancun.



**Challenge Family announced a new Triple Crown series** of three half-iron-distance triathlons culminating in a \$1 million prize purse at Challenge Bahrain in December 2015.

Pulling a Peter Reid: Two-time Olympic silver medalist **Bevan Docherty retired** to spend time with family and plans to get his pilot's license. "I look forward to following the sport I love. ... I also look forward to drinking more beer, having more energy and living a 'normal' life."

SECOND

Engineers unite! **Jesse Thomas and Jordan Rapp signed with fellow engineer and pro triathlete T.J. Tollakson's company Dimond Bikes** for 2015.



Large and in charge: **ROKA's new goggles** may look buggy but they are crazy comfortable and awesome for the open water.



Flying colors: **On Running's 2015 line** pops with personality.



What will they think of next? **Technology is showing up in surprising places**, like the Sensoria Fitness Socks to track run data and the heart rate monitor in the Lazer Genesis Lightbeam helmet.

THIRD



**ITU announced that the World Triathlon Grand Final** will be held in Mexico in 2016 and in The Netherlands in 2017 (the 2015 Grand Final is in Chicago).

We're not sure how it will be implemented yet, but we appreciate **Ironman and Life Time Fitness launching a "Women For Tri" initiative** to grow the female contingent of the sport.

**Good news for maximalism fans:**

The trend is alive and thriving in 2015 with new additions from Salomon, Adidas, Nike, Pearl Izumi and Under Armour joining Hoka One One, Altra and Skechers.



PENALTY TENT

**Female pro Morgan Chaffin is serving a two-year ban for testing positive for testosterone after her fourth-place finish at Ironman Boulder last August. "My mistake was in not telling my physician that I was subject to drug testing rules, and in not checking with Ironman before I received the treatment," she said.**



Mirinda "Rinny" Carfrae winning the  
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